SPECIAL WOMEN'S *BEST BODY* SECTION INSIDE

NATURAL BODYBUILDING & FITNESS™

THE ONLY MAGAZINE DEDICATED TO A DRUG-FREE LIFESTYLE

AUGUST 2011

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WHEN IS THE BEST TIME TO TRAIN?

CHOOSING THE RIGHT TRAINING ROUTINE

BODYBUILDING ADVICE FROM TEAM K

THE BENEFITS OF GLUTAMINE

NATURAL STARS

MILES STOVALL

WENDELL WEBB

JOSEPH RICH

THE PENKIN BROTHERS

WNBF Pro Trevor Sajdak

Display until August 21, 2011

"I'M IN THE BEST SHAPE OF MY LIFE!"

NICK WILCOX
- *Actor*
Hollywood, CA

When aspiring actor Nick Wilcox isn't stuck on set, he's hard at work in the gym. To help make the most of this time, Nick feeds his muscles Whey Protein Plus. "Whether at home or on the go, Whey Protein Plus is easy to use," testifies Nick. With Six Star Whey Protein Plus, Nick put on more size and got into the best shape of his life in just 17 weeks!

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With research-backed core ingredients, you can trust Six Star Whey Protein Plus to help build the muscle and strength you're after. The best part? It's available in 5 delicious, mouth-watering flavors that'll leave you wanting more and comes at a price that won't break the bank!



"Six Star Whey Protein Plus has helped me add size, which definitely helps in action role castings. I look amazing and I'm truly in the best shape of my life."
– Nick Wilcox

Nick added Whey Protein Plus to his training and nutrition plan. He has been remunerated.

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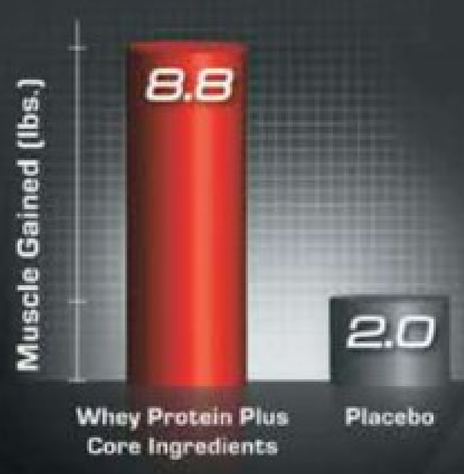


Go to **www.SixStarProNutrition.com/mobi** or scan this QR code with your smartphone to watch Nick and Jerrin talk about their transformations.

Test Subjects Built More Muscle

[1]In a six-week, double-blind study on 36 test subjects with at least three years of weight-training experience, subjects using the core ingredients in Six Star Pro Nutrition™ Whey Protein Plus gained more lean muscle (8.8 vs. 5.1 lbs.) and increased their bench press more than those using regular whey protein (34 vs. 14 lbs.).

In the same study, subjects also gained 4 times the lean muscle than subjects using a placebo (8.8 vs. 2.0 lbs.).



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"I'M STRONGER & LOOK BETTER THAN EVER!"

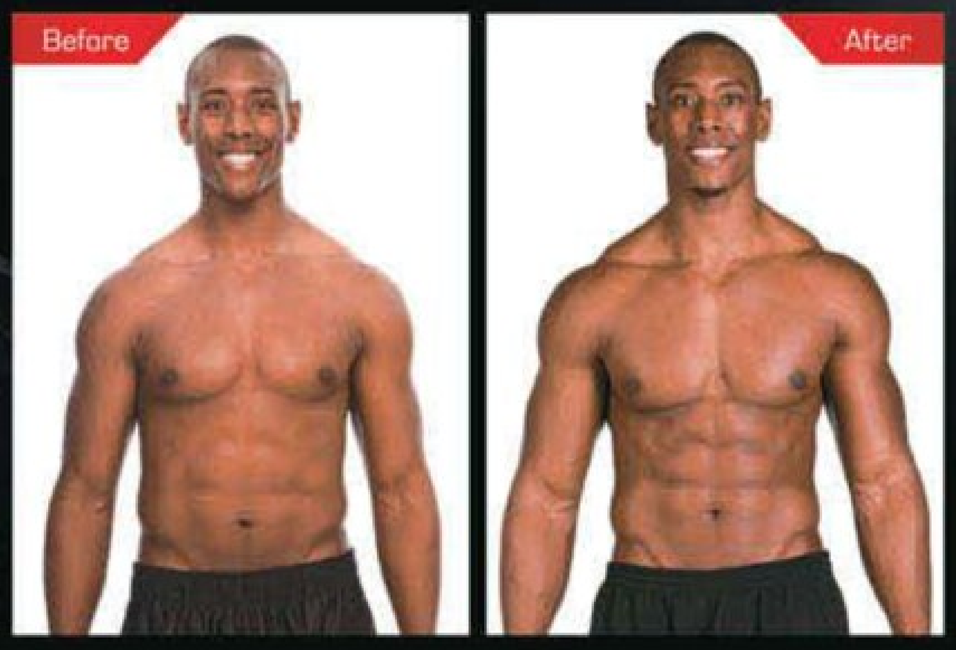
JERRIN HOLT
– *Bison Rancher*
Cleveland, OH

"Than ever." Bold words? Yes! But after looking at the pictures below, it's tough to disagree with Jerrin Holt's dramatic 17-week transformation. "The results I got while using Whey Protein Plus exceeded my expectations," testifies Jerrin.

Protein You Can Trust at a Price You Want

With core ingredients shown to build more lean muscle and over twice the strength than regular whey protein, everyone can benefit from using Whey Protein Plus. (Check out the actual study details below.)[1]

Even with all this quality and all these results, Whey Protein Plus still costs less than other big-name protein formulas! Get it today at a Walmart near you!



"Since using Six Star Whey Protein Plus, I'm in better shape than ever before. Everyone keeps complimenting me and asking me what I'm doing!"
– Jerrin Holt

Jerrin added Whey Protein Plus to his training and nutrition plan. He has been remunerated.

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contents

NB&F Volume 24, Issue 3, August 2011

features

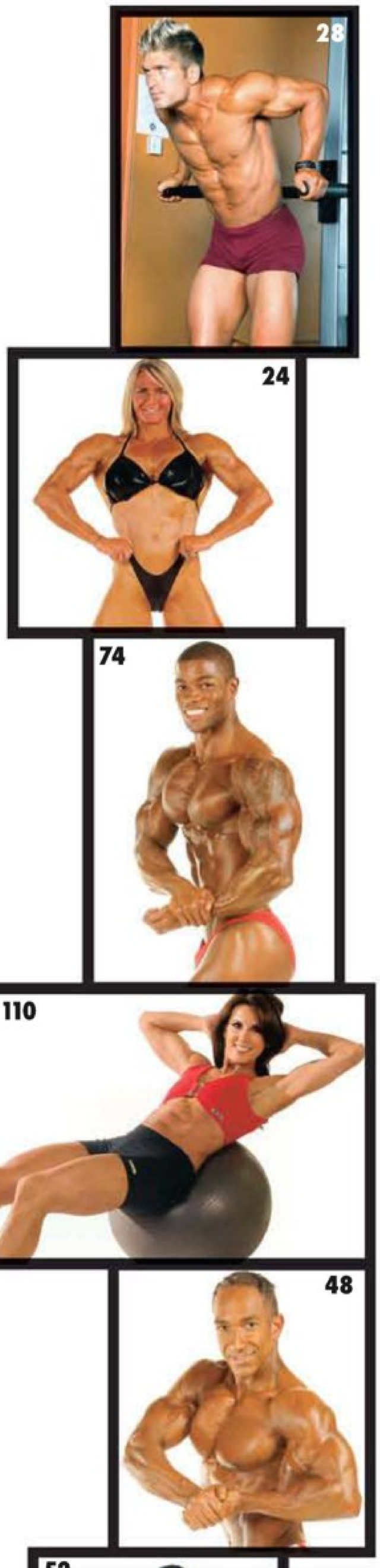
WNBF Pro Kevin Lofy Eat. Lift. Grow.....28
INBF Star Joseph Rich A modern day He-Man.....42
Miles Stovall The ageless wonder.....48
Teen Spotlight Nate Lawrence.....50
The Penkin Brothers: Michael & John: Two of a kind.....52
WNBF Pro Wendell Webb Slow start, strong finish.....64
INBF Canada's "It" Couple Mylene Lachance & James Coyle.....66
WNBF Pro Isaiah Southward A leader by example.....74
COVER STORY Trevor Sajdak: The gladiator mentality.....82
Pullout Poster: Hayzer Cayli & Amber Walker.....99

best body

Tonya Johnson.....109
Health Notes.....110
Figure First.....112
Fit Finds.....114
Tara Gianni.....116
Spice Up Your Sex Life.....118
Supplements.....120
Hope Dworaczyk.....122
Mood Foods.....124
Hair Helpers.....126
Liz Marcantonio.....128
Go Greek With Cat Cora.....130
The Value Of Consistency.....132
Transformation Contest.....133
Book Review.....134
DVD Review.....135

contest coverage

WNBF Tournament of Champions Flash Report.....40
INBF Monster Mash.....96
INBF Southwestern.....104



departments

Ask Dr. Joe.....10
Coming Events.....12
Editor's Page.....14
WNBF News.....18
INBF News.....20
Kori's Corner.....26
WNBF Pro Tips.....84
Approved Products.....90

training

Perfect Peaking.....24
Real World Bodybuilding.....32
Peak Mind Zone.....38
Post Workout Test.....46
Early Bird Catches The Worm.....60
Animal Instincts.....72
That's Right, I Said It!.....80
No-Fly Zone.....92

nutrition

Supplements.....54
Research Review.....68
Naturally Fitter.....86
Science Or Fiction.....88

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- Jason Crowe from Sacramento, CA



Six Star Success Story

"I've packed on more size and strength. I recommend Six Star Pro Nutrition supplements to everyone!"
- Nate Scholz from Vancouver, WA

Nate combined Whey Protein Plus with diet and training. His transformation lasted 17 weeks and he has been remunerated. Subjects taking the core ingredients in Whey Protein Plus gained, on average, 8.8 lbs. of muscle in six weeks.

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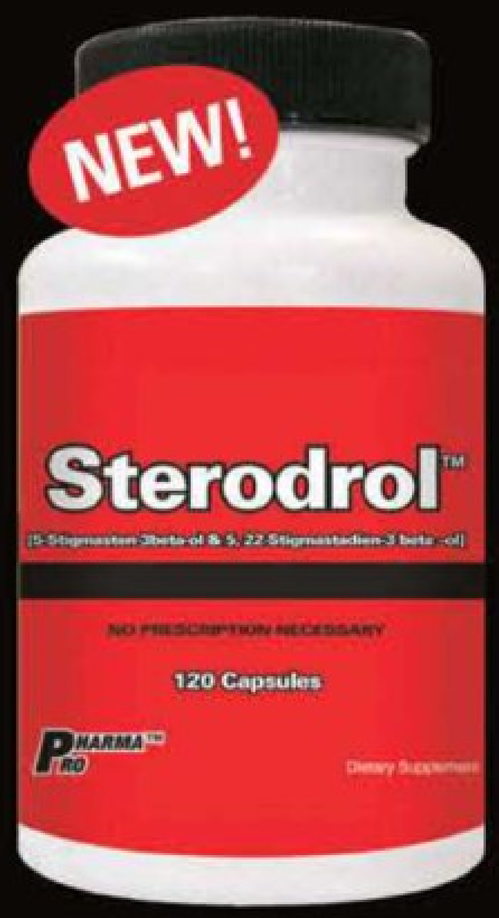
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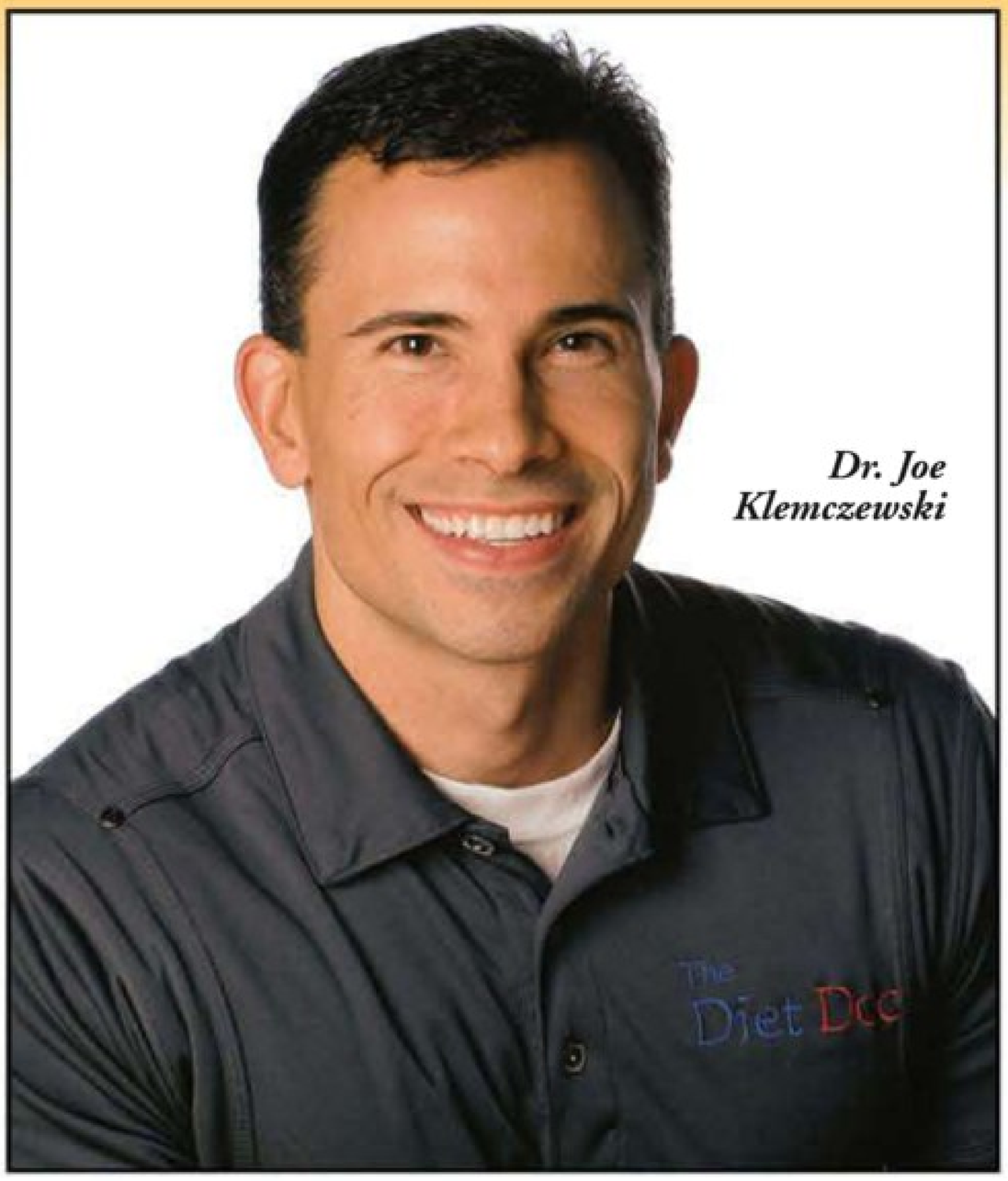
By Dr. Joe Klemczewski

Dr. Joe answers your nutrition and contest peaking questions.

Q: I'm determined not to gain too much body fat in the offseason, but will that keep my metabolism low, maybe harming it?

A: You're doing nothing to hamper your metabolism by not zooming up immediately in weight. It takes long dieting to slow it down, and that's normal. It takes awhile to bring it back up to typical levels, but it's more of a time issue than a how-much-can-I-eat-in-a-week issue. You're doing great to keep moving up slowly. By keeping your food intake moderate, you will not gain as much body fat, but you still have room for some higher-calorie days that will stimulate your metabolic rate and give you a nice glycogen surge. The bottom line is being strategic about tracking your food and your weight and adjusting as necessary along the way.

When I work with clients through the offseason, my goal is usually for them to gain 2-3 lbs. per month to stay anabolic for a longer period of time, but the amount of food is increasing much of that time . . . it's not a static calorie intake. As the food increases and you get further into the offseason, the metabolic rate keeps ramping up to your genetic maximum for that body weight. You will see that you have to keep adding food to continue moving up even a pound or two per month.



Dr. Joe Klemczewski

PHOTO COURTESY OF DR. JOE KLEMCZEWSKI



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Q: What carbs are good to eat when dieting?

A: Carb choices are a little more flexible than you may think. I suggest keeping quality high and being smart when it comes to the glycemic index, but whole-grain bread is fine, fruit is certainly fine up to half of your starch intake and there are places where higher-glycemic carbs come in handy. When dieting, it's more a volume issue than you may think. If you're consuming 20-30 grams of carbs at a meal, will white rice over brown rice make a difference? Would pretzels versus oats? Not likely. Again, don't get hung up in all the goofy "rules" that people have over what is correct and what isn't. Even things like dairy – what's wrong with it? Nothing if you're not allergic to it. I'm not a big fan of cow's milk, but it's not off the table.

Q: I was wondering what you have found to be okay for treating yourself – how many times a week and with what food – and still stay lean?

A: Good question! It really depends on your overall structure for the offseason. Let's say you top out at 2,500-2,700 calories that you can eat and not gain too much body fat. You could eat some food that's not "that bad" and be okay. Cereal? Bread? A serving or two of chips? Even a piece of cake? A Subway sandwich? I'd plan to eat most meals just like pre-contest – healthy food. Your baseline food intake should still be very high quality, but look for ways to be flexible and practical and use some of these "gray-area" foods. If food quantity is consistent, you'll see you can deviate from typical bodybuilding fare. It's the amount of food that kills most people and sometimes it's because they try to stay too strict all the time. Your pre-contest diet is harsh enough; ease up a little in the offseason. Though I admire people for being purely health conscious (it can be done), I don't feel most are that perfect and will crack if they try too hard to be. Even something like a small Dairy Queen Blizzard can work into a day if you plan for it. Why not get 80-100 grams of carbs in one meal if you're willing to have just 40-50 in the other meals? The key is keeping an eye on your weight, your goals and keep your health in mind as you go, but allow for real-life flexibility.

Q: Hey, this might be a silly question, but I have to ask: I was cleaning my bathroom and I used this cleaner that had bleach in it, and I breathed in a lot of it. Can that have a catabolic effect on muscle tissue?

A: Due to the acute respiratory trauma chlorine gas can potentially cause, France used it as a chemical warfare agent in World War I. Apparently, it also causes brain damage – why in the world would your first thoughts be about muscle catabolism? Holy meathead! ★

Editor's Note: Joe Klemczewski, Ph.D. is a WNBF Pro who helps bodybuilders and figure competitors achieve their best condition through his unique online "Perfect Peaking" program. Dr. Joe can be contacted through his website, http://www.perfectpeaking.com.



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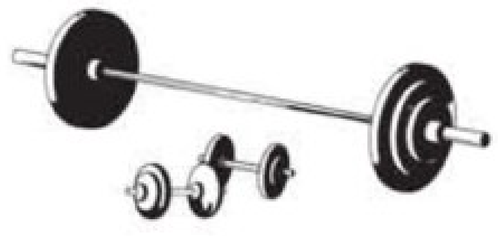
2011 WNBF PRO SHOWS

•**June 4** – ($7500) American Championships. Marlborough, Mass. Nancy Andrews, wnbfpro@aol.com, NEclassic.com.
•**July 16** – ($1750) Pro Men's Southern Natural Championships. ($2000) Men & Women Texas Fit Model Search. Austin, Texas. David Nall & Natural Fitness Productions, David@davidleenall.com, Naturalfitnessproductions.com.
•**Sept. 17** – ($2000) Best Body Bikini Contest & Mr. Fitness New York, N.Y. Charlie Carollo, inbf@epix.net.
•**Sept. 17** – ($7000) Pro U.S. Cup. N.Y.C. Charlie Carollo, inbf@epix.net.
•**Oct. 1** – ($750) Pro Women's Masters Cup. Buffalo, N.Y., Marian Giallombardo/Donny Cray, publisher@sportsandleisuremag.com, Northernstatessupernatural.com.
•**Oct. 8** – ($5500) Pro Mid-America. Evansville, Ind. Dr. Joe Klemczewski, dr.joe@thedietdoc.com, Midamericaproam.com or Perfectpeaking.com.
•**Oct. 22** – ($4000) Pro Men's Masters Cup. Poughkeepsie, N.Y. Matt Johnson, houseofnutrition1@verizon.net, matt@inbfnys.com, inbf.nys.com.
•**Nov. 5** – ($3000) Pro Women's Masters Cup Bodybuilding & Figure. ($1950) Pro Masters Men Monster Meet. Marlborough, Mass. Nancy Andrews, wnbfpro@aol.com, Inbfmonstermash.com.*
Note: You must compete in the Oct. 22, Pro Men Masters Cup to be eligible to compete in the Nov. 5, Pro Men's Monster Mash.
•**Nov.12** – ($35,000) Pro World Championships Men & Women Bodybuilding, Ms. Fit Body, Figure. N.Y.C. Charlie Carollo, INBF@epix.

2011 INBF AMATEUR SHOWS

•**May 7** – Central USA Natural. Sheboygan, Wis. Brenda Rahe, absdefinition@aol.com, Brendarahe.com.^*
•**May 21** – Tri-State Championships. Dayton, Ohio. Delbert & LaDawn Hickman, wnbf-professional@aol.com, Gemcityclassic.hostjava.info.^
•**May 21** – INBF Mr. America. N.Y.C. Bob Bonham, ssgym01@aol.com, 201-896-1360.
•**June 4** – Northeast Classic. Marlborough, Mass. Nancy Andrews, wnbfpro@aol.com, Neclassic.com.*
•**June 11** – Natural Connecticut. New Haven, Conn. Robert Fulton, robert@fultonsfitness.com.*
•**June 18** – Amateur Universe Championships. Bridgetown, Barbados. Ivor Worrell, bdosbclassic@gmail.com.*
•**June 25** – Hercules Championships. New York, N.Y. Charlie Carollo, INBF@epix.net.**
•**July 16** – South Western Natural Championships & Texas Fit Model Search. Austin, Texas. David Lee Nall & Natural Fitness Productions, David@davidleenall.com, Naturalfitnessproductions.com.*
•**July 23** – Southern Natural Championships. Macon, Ga. Alli Kerr, allikerr@cox.net.*
•**Aug. 6** – Samson's Health & Fitness Bodybuilding & Figure Championship. Atlanta, Ga. Sheila Hunter, foreverfit2@yahoo.com, 678-887-3986. (R)
•**Aug. 20** – South East Connecticut Inviational. Fairfield, Conn. Julio & Sandy Quinonez, NewVolution@gmail.com (R)
•**Aug. 27** - USAG Stuttgart Bodybuilding/Figure European Natural Championships. Stuttgart, Germany. Ricky Payton, ricky.payton@eur.army.mil & Oliver Stith, oliver.stith@eur.army.mil or stuttgartmwr.com.*
•**Sept. 10** – Vancouver Cup. Vancouver, British Columbia, Canada. Christen Kwan, Christen@INBFCanada.com, Mathew Park, INBFCanada@gmail.com, INBFCanada.com.
•**Sept. 17** – Naturalmania, Best Body & Mr. Fitness Contest. New York City, N.Y. Charlie Carollo, INBF@epix.net.**
•**Sept. 24** – Long Island Experience. Port Washington, N.Y. Phil Sottile, phil@itelligentfitness.net, Longislandexperience.org.
•**Sept. 24** – West Coast Classic. Sacramento, Calif. Roy Perry, r916perry@yahoo.com.*
•**Sept. 24** – Cardinal Classic. Struthers, Ohio. Stephanie Foley & George Hudzik, srg9598@hotmail.com, Ytowncardinalclassic.com.*
•**Oct. 1** – Natural Midwest. Madison, Wis. Ford Sheridan, ford@fordsgym.com, Fordsgym.com.*
•**Oct. 1** – Mr. & Ms. Supernatural. Buffalo, N.Y. Marian Giallombardo/Donny Cray, publisher@sportsandleisuremag.com, Northernstatessupernatural.com.*+
•**Oct. 1** – Alamo Showdown. San Antonio, Texas. Miles Stovall, milo9450@aol.com, MilesStovall.com.*
•**Oct. 8** – Natural USA. Rochester, N.Y. Paul Iatomasi, pauliatomasi@hotmail.com INBFNatural-USA.com.*
•**Oct. 8** – Natural Mid-America. Evansville, Ind. Dr. Joe Klemczewski, dr.joe@thedietdoc.com, Midamericaproam.com or Perfectpeaking.com.*
•**Oct. 22** – New York State Bodybuilding & Figure. Poughkeepsie, N.Y. Matt Johnson, houseofnutrition1@verizon.net or matt@inbfnys.com.
•**Oct. 29** – Doc Brown, Natural East Coast. Tarrytown, N.Y. Dr. Stephen T. Brown, fitnessdoc4u@ aol.com.^
•**Oct. 29** – Alberta Cup. Edmonton, Alberta, Canada. Lael Sauter, L.Sauter@shaw.ca, Sherri Miller, Sherri@INBFCanada.com, Mathew Park, INBFCanada@gmail.com, INBFCanada.com.
•**Oct. 29** – INBF Florida State Natural Championships. Flagler Auditorium, Palm Coast, Fla. Bill Mora, BillyCT74@aol.com, 386-479-0769. FLStateNatural.com.*
•**Oct. TBA** – Pennsylvania State Championships. Pennsylvania. Oren Silvers, northeastshows@hotmail.com.*
•**Oct. TBA** – Natural Springfield Classic. Springfield, Mo. Michael Thomas, michael03champ@yahoo.com, buildmusclelosefat.org.*
•**Nov. 5** – Monster Mash. Marlborough, Mass. Nancy Andrews, Inbfnys.com, wnbfpro@aol.com, Inbfmonstermash.com.*
•**Nov. 12** – World Championships. New York, N.Y. Charlie Carollo, inbf@epix.net, INBF.net.**

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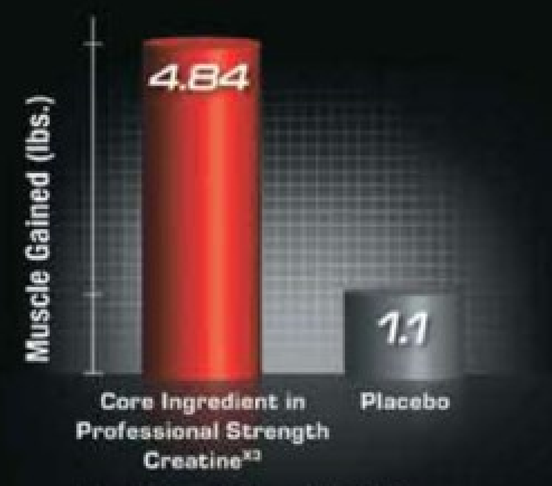
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[1]In a three-week, double-blind study conducted on 41 weight-trained subjects divided into two groups and conducted by researchers at St. Francis Xavier University and the University of Saskatchewan, subjects using the creatine in Professional Strength Creatine^{X3} with a weight-training program gained, on average, more than 4 times the lean mass than subjects using a placebo. Researchers in this Six Star Pro Nutrition-funded study determined these results using estimates from calibrated skinfold caliper measurements (4.84 vs. 1.1 lbs.).

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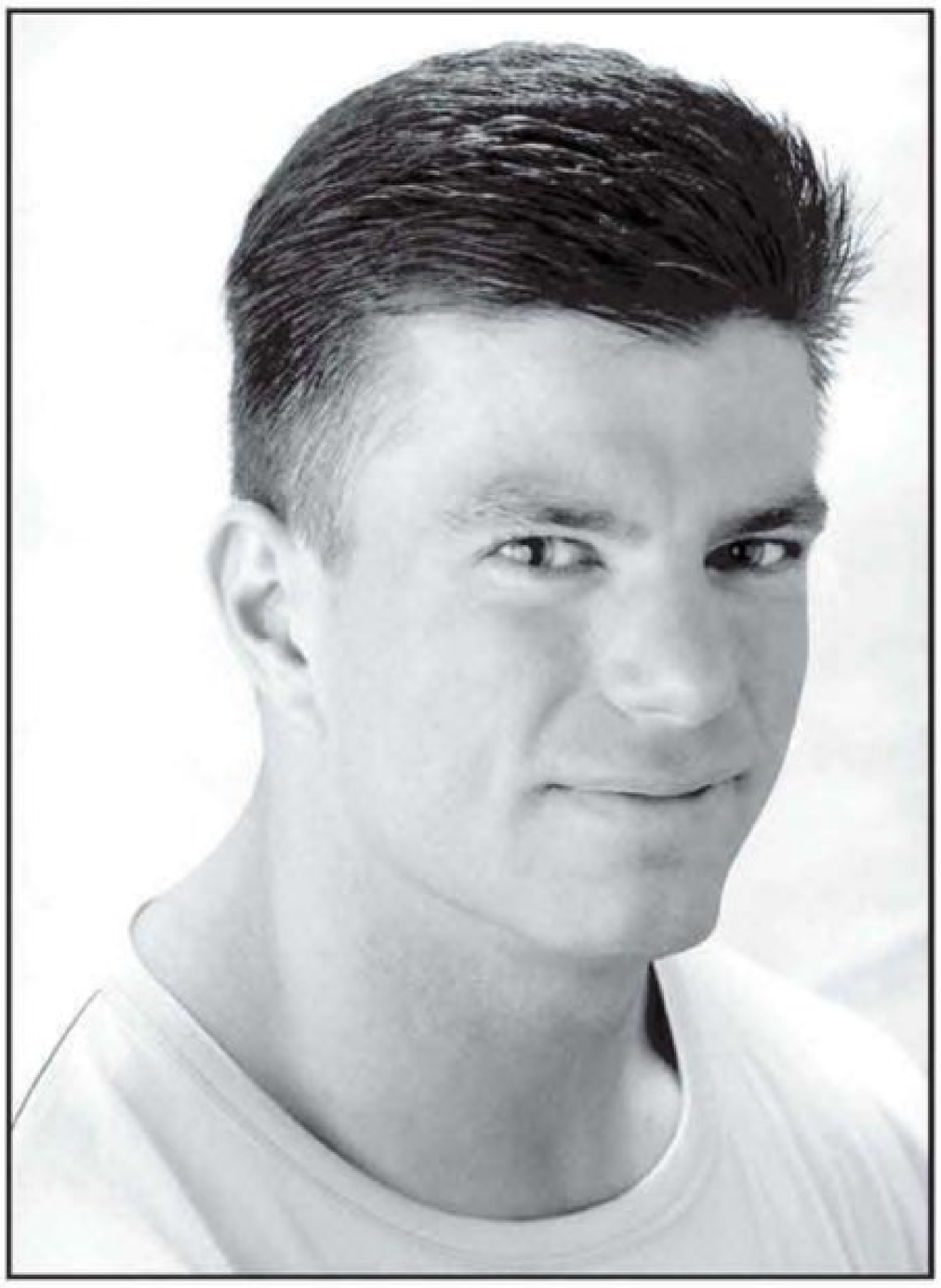
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EDITOR'S PAGE

WHATEVER HAPPENED TO HONESTY?

I like people. It is a simple statement, but there is a lot of truth to it. I am a people person, but I do think some take the bodybuilding lifestyle too seriously. I've said this before and I will say it again – real life is bigger than the sport of natural bodybuilding and I think we would all do well to remember that. At the end of the day, the most important things we have are our honesty, integrity and how well we treat others.

The reason I am bringing this up is that the past few weeks I have been laid up with the flu and bronchitis. In between sleeping on the couch, drinking ridiculous amounts of Gatorade and researching some future articles for ***NB&F***, I also read a few online interviews with various natural athletes.



One interview floored me. At a recent contest in upstate New York, the winner of a women's bodybuilding pro card failed her urine test for two specific banned substances. She also failed her subsequent retest of the remainder of her urine sample. It saddens me when any athlete fails, but this was a person that I knew for a few years, so I took it a bit more personally.

After several emails, phone calls and Facebook messages, she was informed that she was suspended for seven years for violating the federation's banned substance policy. To avoid embarrassment, she informed me that she was going to tell everyone she was suspended for doing a photoshoot that was not approved by the WNBF.

I have a problem with this for a few reasons, the first being how the WNBF would be perceived. In the past, athletes have been suspended for violating the WNBF media agreement and it has created some controversy. So, rather than owning up to the reason that she would not be competing with us, she wanted to put the WNBF on the spot to avoid taking responsibility for her failure.

After voicing my concerns, she replied that she understood my point of view. A week later, an online interview was posted, which disappointed me, yet again. When asked about her future in the WNBF, she responded:

"I've always enjoyed competing with the INBF, working towards earning a WNBF pro card, but never actually planned out what I would do if I won. The WNBF has many rules, such as no outside photo shoots, appearing in magazines (besides ***NB&F***), and it even costs more money to enter pro shows. Not to sound like I am complaining, they are just things one must consider when deciding whether to try a new organization or stick with the WNBF. For me, it only makes sense to leave this organization and continue pursuing fitness modeling and other personal goals, which I have been doing as an amateur competitor."

I have been a guest on Natural Bodybuilding Radio a few times in the past two years and I have called out athletes that have misrepresented the truth. Athletes have lied about their reasons for not competing in the WNBF or have offered up their own unsubstantiated reasons for failing a drug test. I think it is important for the integrity of our sport and for maintaining the standards of the WNBF drug-testing policy to call out athletes when they do not "man up" (or "woman up") when it comes to testing positive.

I would hope that the athlete in question comes clean for her own self-respect and be honest about her reasons for competing elsewhere. As Agent Fox Mulder once said, "The truth is out there."

– Rich Fitter

PHOTO COURTESY OF RICH FITTER

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Many pre-workout concentrates do not disclose the ingredient amounts in their formulas, so we tested their formulas and discovered that they're underdosed when it comes to the latest scientific research – and we have the third-party lab tests to back it up.

	NEUROCORE	Leading Competitor #1	Leading Competitor #2	What You Should Know
Ingredient Amounts Fully Disclosed	YES	NO	NO	• Unlike the competitors who do not disclose the ingredient amounts in their formulas, NEUROCORE is different. The doses of its clinically validated and scientifically tested ingredients are fully disclosed so you know exactly what you are getting.
L-Citrulline	3000mg	ZERO	ZERO	• A recent study shows that L-citrulline is scientifically superior to arginine for increasing plasma levels of arginine.[1] • Other companies may settle for using arginine instead because pure L-citrulline costs significantly more.
Arginine AKG	NO	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	• A research study showed you need 12 grams of arginine AKG (AAKG) to provide performance-enhancing effects.[2] • Multiple lab tests revealed extremely underdosed amounts of AAKG in the competitors' formulas.
Beta-Alanine	3200mg	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	• Research has shown a 3200mg dose of beta-alanine can help enhance the muscle- and strength-building process. Fact is, our tests show other companies use less than the scientifically studied 3200mg dose.[3]
Creatine HCl	3000mg	ZERO	ZERO	• NEUROCORE contains creatine hydrochloride (HCl), a unique form of creatine that has a patent for its improved solubility properties. • Added at a clinically validated dose.
Caffeine Anhydrous	YES	YES	Weaker Dose	• NEUROCORE delivers a potent and effective dose of caffeine that has been scientifically shown to increase energy.[4]
Rhodiola	YES	NO	NO	• In a 2005 review article published in *Phytotherapy Research*, the authors noted *Rhodiola rosea* was a superior, more active adaptogen than *Schizandra chinensis* (found in the formulas of both leading competitors) and it's the reason NEUROCORE contains rhodiola.[5]
Schizandrol	NO	YES	YES	• The competitors choose to use an inferior adaptogen (schizandrol) even when the research stated that *Rhodiola rosea* was a more active form.[5]
Fillers, Artificial Colors or Dyes	NO	NO	UNKNOWN	• NEUROCORE is designed as a clean formula, full of powerful, research-supported ingredients.
Taste	SUPERIOR	GOOD	AVERAGE	• The flavor system behind NEUROCORE was developed by a world-class flavor house and is second to none. In fact, we did not stop perfecting the flavor system until we blew the competition away in internal head-to-head taste tests. Absolutely NO fillers, aspartame, artificial colors or dyes are used to create the amazing and refreshing taste.

New NEUROCORE™ is different – the doses of its research-inspired and scientifically tested ingredients are fully disclosed so you know what you are getting with every serving. This evolved formula has been specifically engineered to deliver a shockingly powerful workout the very first time, and every time, you take it.

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References:

1 Schwedhelm et al., 2007. Pharmacokinetic and pharmacodynamic properties of oral L-citrulline and L-arginine: impact on nitric oxide metabolism. *Br J Clin Pharmacol.* 65(1):51-9.

2 Campbell et al., 2006. Pharmacokinetics, safety, and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men. *Nutrition.* Sep;22(9):872-81.

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4 Goldstein et al., 2010. International society of sports nutrition position stand: caffeine and performance. *J Int Soc Sports Nutr.* 7(1):5.

5 Panossian A, Wagner H. 2005. Stimulating effect of adaptogens: an overview with particular reference to their efficacy following single dose administration. *Phytother Res.*19(10):819-38.

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WNBF news & views

THE SYMBOL OF NATURAL EXCELLENCE

Just as the gold Olympic medallion is symbolic of Olympic Games perfection, the WNBF Gold Medal has – since the federation was formed in 1990 – become synonymous with drug-free excellence in bodybuilding.

THE STAMP OF APPROVAL

By Pete Dombrosky

If you are involved in the World Natural Bodybuilding Federation, then you are a natural athlete, period. This organization has some of the most strict drug testing of all the natural organizations to ensure a level playing field for all of its athletes. But sometimes, the athletes in the WNBF become confused as to what is legal to take and what isn't. Even if an athlete has no intentions of cheating or gaining an upper hand, they may unknowingly take a substance that is deemed illegal by the WNBF. This is something the WNBF wants to eliminate.

Rich Fitter, the Editorial Director of ***Natural Bodybuilding & Fitness*** and chairman of the WNBF, has received quite a few emails from athletes over the years inquiring about which supplements are banned and which are deemed legal by the WNBF. In most cases, he will recommend that if an athlete is unsure about a substance, then he or she should avoid taking it just to be positive they aren't accidentally earning themselves a seven-year ban.

So, in an effort to eliminate the gray area of substance legality in the organization, the WNBF has formed a partnership with Smash Brand to create the WNBF Approved logo for supplement companies to place on their labels, ads and websites to eliminate any confusion regarding supplments for the athletes.

The process is simple. A company sends a request to register a product on the WNBF Approved website (http://www.wnbfapproved.com). It will then send a request to the WNBF to review the product's ingredient profile. If the product meets the strict standards of the WNBF and does not feature any ingredients that are on the banned substances list, the company can pay a registration fee and register the product on the site. It is a simple process that will help supplement companies, WNBF athletes and the WNBF, alike.

Now you might say, "This process is all well and good, but how will athletes know if the product is registered with the WNBF without inquiring to the organization every time they buy a supplement?" Have no fears, this question has been answered. Once a product has been deemed legal and registered by the WNBF, it will literally be stamped with a seal of approval. A unique logo will be issued to the company for that specific product. There is a coded hologram on the logo that will allow athletes to scan it with their smart phones. This code will automatically take the athlete to the WNBF Approved website to reassure him or her that the ingredient's label claims on the product meet the required standards. If the logo that is placed on a product is not registered with the WNBF, the athlete will also be made aware that the product does not match the code.

Another helpful aspect of this process is the product identification picture on the website. Once an athlete scans the logo and their phone takes them to the website, a picture of that product will pop up. The athlete can then compare the picture on the website to the product they are holding in their hands. If the picture does not match the product, that means the logo has been incorrectly placed on a product not registered with the WNBF. This doesn't necessarily mean the product isn't legal, it just may not be registered yet with the WNBF. Either way, it will prevent the athlete from taking the substance until they find out further information from the organization to see if it is okay to use.

The companies that participate in this program will be listed on the WNBF Approved website, in the pages of ***Natural Bodybuilding & Fitness*** magazine and within ***Pro Natural Muscle Newspaper***. This gives them greater exposure to the natural bodybuilding and fitness community and helps the companies to build their brands with drug-free athletes. One of the first products (but certainly not the last) to receive the seal of approval is Thermolife Pump-Bol, which you can check it out by visiting the website http://www.bodybuilding.com/store/thermo/pump-bol.html).

The WNBF has always maintained extremely high standards when it comes to its banned substance list and this latest advancement in product identification only reinforces those standards. So keep checking with ***Natural Bodybuilding & Fitness***, ***Pro Natural Muscle Newspaper*** and the WNBF Approved website to find out the latest supplement editions to the WNBF approved family. ★

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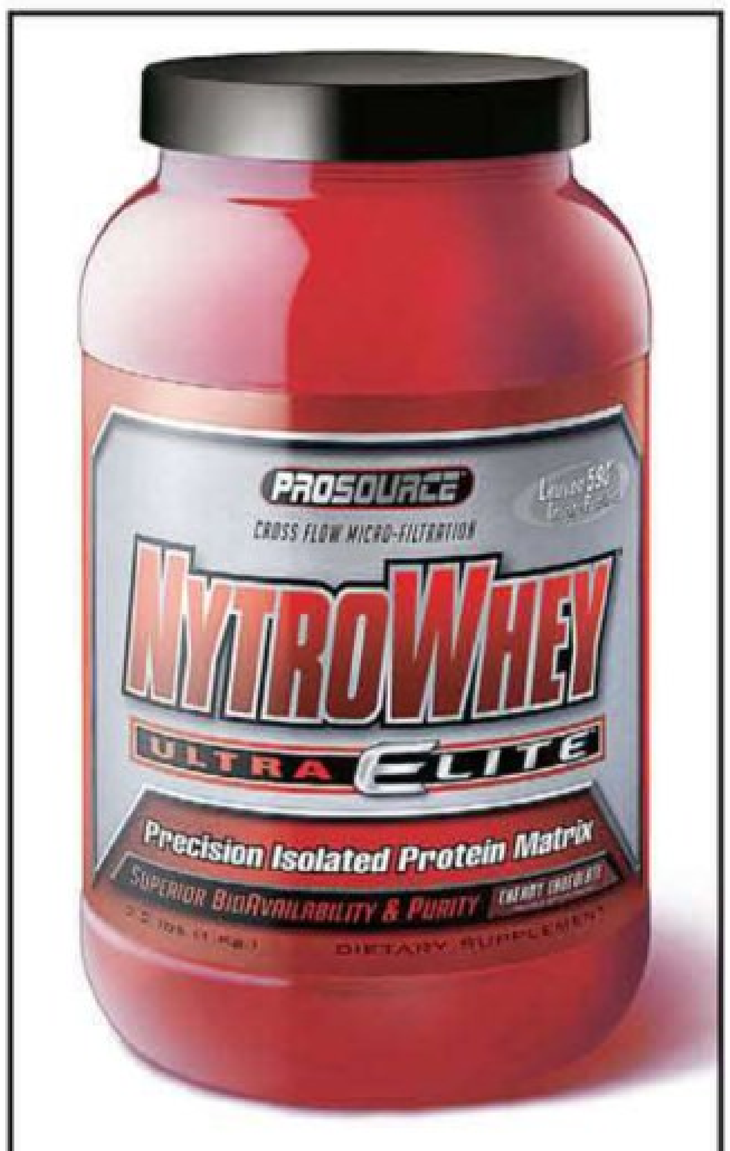
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INBF
An Amateur Affiliate of the WNBF

NEWS

Compiled by Pete Dombrosky



NYTRO WHEY ULTRA ELITE

Natural Bodybuilding & Fitness is pleased to report that ProSource's Nytro Whey Elite protein powder has won the "Most Anabolic Protein Powder Award" for 2011. This revolutionary powder (found only at http://www.prosource.net) is a new ultimate premium-grade CFM whey isolate from Glanbia, the USA's foremost producer of elite-quality protein content.

Nytro Whey Ultra Elite contains an anabolic-activating ingredient called *Leuvon 590*, a leucine-bound leucine peptide (LBLP). Leucine, one of three branched chain amino acids, is primarily involved in turning on anabolism when ingested. With the ingredient Leuvon added to Nytro Whey Ultra Elite, this product boasts up to four times the leucine content of other premium whey protein products.

Ultra Elite is also fortified with *Aminogen*, which is scientifically proven to increase protein assimilation, plus an advanced fiber blend and innovative healthy fats contain medium chain triglycerides, cold processed flax and conjugated lineleic acid (CLA), which have been associated with overall health and fat metabolism. The resulting formula is very low in carbohydrates, high in fiber and powerfully anabolic.

Editor's Note: ProSource is one of the biggest and most trusted wholesale distributors of supplements in the world. Nytro Whey Ultra Elite and all supplements found in ***NB&F*** (including BPI, Muscletech, Dymatize and BSN) are available at http://www.prosource.net.

SUPREME BAR



NB&F would also like to announce that Supreme Bar has won its second GNC "Protein Bar of the Year Award." Supreme Protein bar (visit http://www.supremeprotein.com) has a quadruple-layer format that combines award-winning gourmet flavor with real protein. It is a complex, hunger-satisfying treat that is loaded with premium-quality amino-rich whey protein isolate. Supreme bar is available in seven delicious flavors: Caramel Nut Chocolate, Peanut Butter Crunch, Cookies 'n Cream, Rocky Road Brownie, Peanut Butter Pretzel Twist, Chocolate Caramel Cookie Crunch and Peanut Butter & Jelly. Each of these unique flavors is available in a large size or small size, with the larger bar boasting 30 g. of protein and the smaller bar containing 15 grams of protein.

INBF CANADA NEWS

INBF Canada Upcoming Events:

- June 10-12, 2011, "INBF Canada Competition Prep. and Training Camp" with Dr. Joe Klemczewski, Rodney Helaire and the INBF Canada Team – Edmonton Alberta, Canada;
- September 10, 2011, "INBF Canada Vancouver Cup"– Vancouver, British Columbia, Canada;
- October 29, 2011 "INBF Canada Alberta Cup" – Edmonton, Alberta, Canada.

For further details, dates and locations of our listed events visit us at www.inbfcanada.com.





PHOTOGRAPHY BY ALEX ARDENTI

What's New

- "Like" INBF Canada, Inc. on Facebook.
- A new Fitness Category was recently introduced to INBF Canada, thanks to Fitness Director Dallas Vickell for adding to INBF Canada's growing federation and for also training the ladies competing in this brand new category!
- The 2011 INBF Canada Calendar is available now!

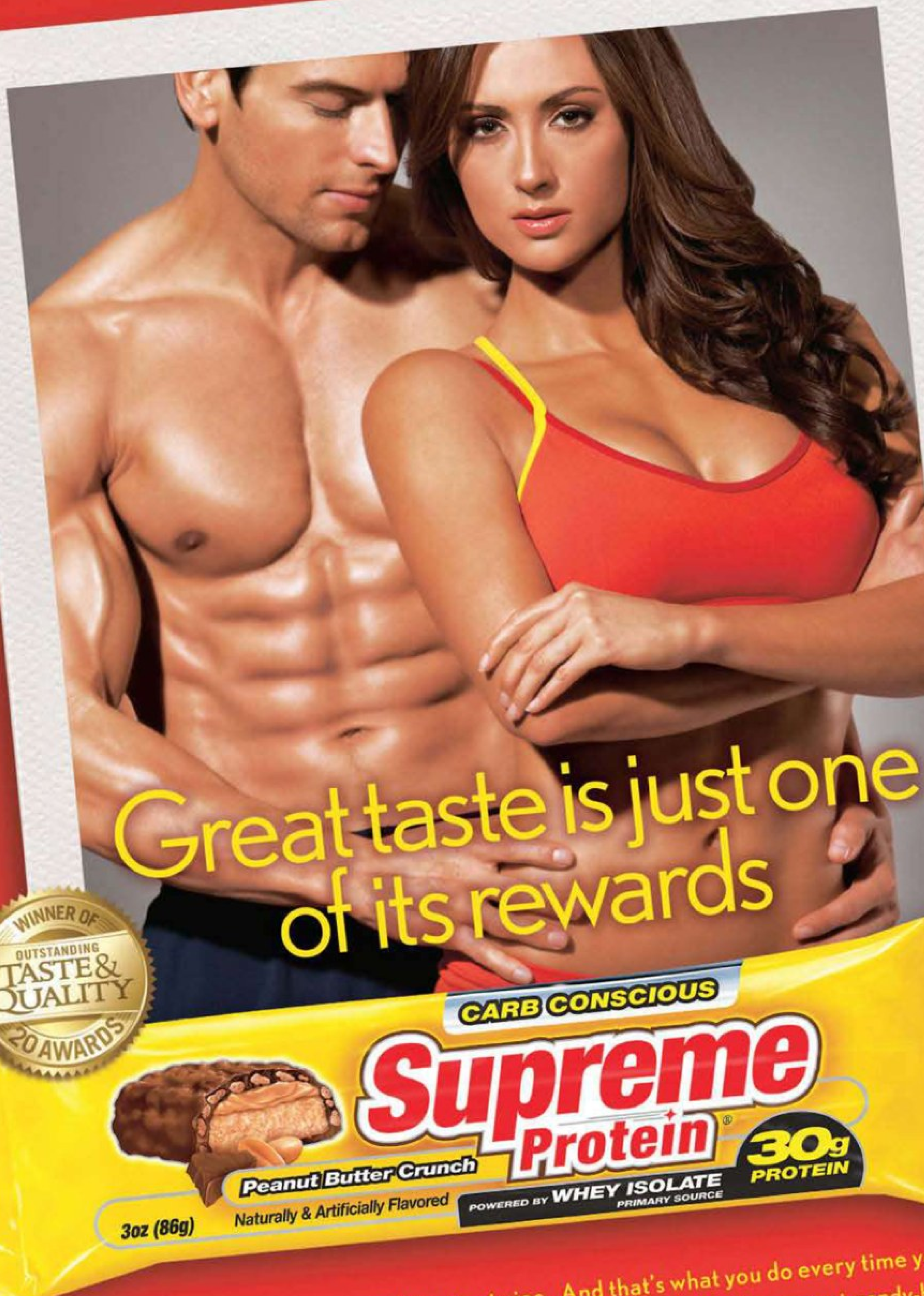
Athlete Buzz:

We are proud to announce that our latest newsletter featured INBF Canada's bodybuilder Cheryl Glattacker. Cheryl received her WNBF pro card in Women's bodybuilding last October. She placed first in the Women's lightweight division and went on to take the overall title at the INBF Canada Competition in Calgary Alberta, Canada. She is currently preparing for WNBF US Cup and N.Y.C World Championships and always expresses an enormous appreciation for natural bodybuilding. "It is an amazing opportunity to work with such a positive team that is dedicated to natural bodybuilding," Cheryl said.

A note from the INBF Canada Executive Team: "We are very excited to see how Cheryl's spectacular year unfolds! All the best!" Be sure to read Cheryl's valuable and experienced advice in this issue's section of INBF/WNBF Pro Tips (page 84)!

NB&F CORRECTIONS

On page 92 of the May 2011 issue of ***NB&F*** under the 2010 INBF Doc Brown East Coast competition, photo captions were switched for Rachel Pearl and Eman Elgashi (correct photos pictured to the left). ***NB&F*** apologizes for the error. ★



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There's a reason why most super-thermogenics don't disclose the amount of each ingredient contained in their formulas. We've performed our own analysis on these formulas – see how they stack up for yourself.

	HYDROXYSTIM	Leading Competitor #1	Leading Competitor #2	What You Should Know
Ingredient Amounts Fully Disclosed	YES	NO	NO	• Unlike the competitors who do not disclose the ingredient amounts in their formulas, HYDROXYSTIM™ is different. The doses of its clinically validated and scientifically tested ingredients are fully disclosed so you know exactly what you are getting.
Cirsium Oligophyllum	NO	YES	NO	• The study on this ingredient that is referenced by Competitor #1 in their ads is on rats. Animal studies are important first steps in research; however, Competitor #1 uses language and diagrams that strongly imply that results from this animal study are directly applicable to humans. Be wary of any supplement provider willing to make this leap!
Bauhinia Purpurea	NO	YES	NO	• When it comes to this ingredient, Competitor #1 attempts to leverage a study on diabetic mice. You can decide how appropriate this is.
Caffeine Anhydrous	YES	YES	YES	• HYDROXYSTIM delivers a potent and effective dose of caffeine that has been scientifically shown to increase thermogenesis.
Rauwolscine	YES	YES	YES	• This powerful alkaloid has been shown to block Alpha-2 receptor activity.
Huperzine A	YES	NO	NO	• Huperzine A has the ability to block the enzymes that decrease acetylcholine levels.
Bacopa Monniera	NO	YES (May be underdosed based on research)	NO	• Based on animal research, the effective human dose required for any physical benefit is 1.083g. Competitor #1 may be underdosed to create any significant effect.
OTHERS TALK ABOUT RESEARCH. WE DO RESEARCH.				
Team MuscleTech™	230 Staff	UNKNOWN	UNKNOWN	• We have 230 professionals dedicated to developing the most advanced, effective supplements available, including a specialized, highly skilled 30-person Research and Development team who focus exclusively on research, new ingredient discovery, product development and quality control. This team is extremely well educated, with advanced degrees in nutrition, pharmacology, biomedical toxicology, chemistry, human biology and human kinetics.
University and Research Facilities Used	20	UNKNOWN	UNKNOWN	• University of Florida, Baylor University, University of Glasgow, University of Nottingham, Global Clinical, Pennington Biomedical Research Center, CSRA, University of Toronto, McMaster University, University of Laval, St Francis Xavier University and University of Saskatchewan.
Number of Studies Funded	100+	UNKNOWN	UNKNOWN	• Team MuscleTech® has funded over 100 independent studies with all of the universities and accredited research institutes listed above.
Number of Worldwide Patents	50+	1	UNKNOWN	• The work conducted by the MuscleTech® Research and Development team over the last decade has led to the development of over 50 patents worldwide.
Commitment to Research Per Year	$3.5 Million	UNKNOWN	UNKNOWN	• A portion of every single dollar spent on MuscleTech® supplements goes back into supporting research and development, which includes funding clinical research, reviewing third-party scientific studies and consulting with leading university researchers.

Every time you take a dose of this powerful super-concentrated thermo-stimulant, you know exactly what you're getting and why. If HYDROXYSTIM isn't the most powerful thermogenic you've ever tried, even after just one full dose before your workout, return it to where you bought it for a full and complete refund – no questions asked. But don't take our word for it, see complete study references at HYDROXYSTIM.com.

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PERFECT PEAKING

Editor's Note: Joe Klemczewski, Ph.D. is a WNBF Pro who helps bodybuilders and Figure competitors achieve their best condition through his unique online "Perfect Peaking" program. Dr. Joe can be contacted through his website http://www.perfectpeaking.com.

By Joe Klemczewski, Ph.D.

The Legendary Former WNBF World Champ Kathy Unger



PHOTO BY GEORGE LEGEROS

We have all made the mistake of asking people for their magic formula. We ask the top competitors for every detail of how they diet, what foods they eat, when they eat them – no minutia is left unrecorded. We want to follow their plan to the letter. I have seen copies of copies of copies of peak week spreadsheets that I created for clients passed around and used by others. If it were that easy, the perfect plan would be known and used by all, correct? Think manage, not magic.

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THE ULTIMATE PEAK

Part 1: Carbs and Water

Stop searching for a playbook to follow and start understanding that there are key processes occurring in your body that have to be recognized and guided. Let's explore what these are and how you can make them work for you. I isolate and pair the variables in the following way:

- Carbs and water;
- Protein and fat;
- Training and cardio;
- Sodium and other minerals.

These interdependent processes are best considered alone for their individual impact on your overall appearance, but also together, since altering one will affect most of the others.

Carbs and water have the greatest impact on how tight and "dry" you will be, as well as how full and separated you appear. Muscle tissue is 65-75 percent water. Hydration is what allows a muscle to be full, hard and to function properly. Dropping water even moderately will instantly cause the muscle to appear smaller and will decrease density. I often use the analogy of a balloon. What does this look like with more air and with less air? More air (water) equals tighter "skin" and a fuller look. Less air equals a soft, saggy, thick-skinned look. Each muscle is constrained by a fascial sheath and the separation between one muscle and another is drastically changed with the hydration level of the muscle. As the muscle gets flatter and smaller due to dehydration, there is less muscle volume to push out against and stretch against the fascia. The skin sags back against the now-smaller muscle group, the separation grows shallower and you look far less crisp. So, how do you keep water in the muscle without having so much that it spills out between the muscle and skin? Carbs control the direction of water like the Hoover Dam. Most mistakenly give that respect to sodium and potassium, but they're more like the small oars of a kayak channeling water compared to the massive effect carb intake has.

Carb manipulation controls water. I use the weekend before the show as a bit of a set up for the week. Carbs will either continue at the same levels or perhaps slightly increase to facilitate extra recovery. I typically won't use the weekend to drive hard for more progress, but if someone is behind and every day counts, the diet rolls on. Preferably, carbs would be moderately increasing.

The beginning of the week – starting Monday – the highest carb intakes will be scheduled to create a wave of glycogen storage to be seated deeply in the muscle tissue early enough to avoid worrying about spill over. Workouts are going to be spread through the week fairly normally, therefore glycogen replacement is necessary. One of the biggest mistakes people make in using old-school, conventional peaking methods is the carb depletion during the first half of the week when they also train to deplete. Consider any other workout any other time of the year. Would you agree that it's important for recovery and anabolism/anti-catabolism to consume some carbs post-training? Of course. Most would fear muscle loss more than the Grim Reaper if they didn't eat carbs after training. So, during the most critical week of your prep, you would go days without consuming carbs, while training yourself into the ground? Words like idiocy come to mind! When the decades-old theory of carb depletion and supercompensation were proposed for runners, catabolism wasn't a variable to be considered. Worse yet is the fact that you can increase insulin sensitivity – part of the reason supercompensation can occur, but this makes you spill over more easily. Cutting starch out for three days, training every body part in three days with no glycogen replacement . . . it's a perfect recipe to slow down your metabolism, lose some lean body mass fullness and prepare your body for spill over.

But, is it worth it to get the supercompensation? A laughable question, but I'll explain. Your body uses calories and carbs every minute of every day. If you get any benefit from storing more glycogen than you normally would after bringing carbs back into your diet, within a couple of days your body has trickled back to normal, baseline storage levels. Supercompensation doesn't linger for days . . . unless you keep consuming carbs at that level, guaranteeing spill over. One more nail for the coffin of routine depletion tactics. If you're lucky enough to be able to use the carbs that didn't find muscle tissue, you could tighten back up and be okay. But most still look watery and filmy for a couple of reasons – the first being the residual results of the spill over. When muscle glycogen levels are full and glucose has nowhere to go, it's floating around outside of muscle cell walls and any water in your body follows it. Even if you're dehydrated, some water will find its way under the skin, outside muscle tissue. Smaller, flatter muscle, the loss of muscle separation, spill over . . . how's the plan looking to you so far?

The second reason you look filmy from overcarbing is that you are converting some glucose to new fat with the carb repletion. Even when your body is starved for glycogen, if you consume more than your body can assimilate at that meal, you will convert some of those carbs/calories to fat. At the same time you are packing glucose in your liver and muscle, your liver is also converting some to cholesterol to ultimately be stored as fat, and body fat cells are taking in glucose and directly converting it to fatty acids. Are you with me yet? There is no – not one – reason to deplete in an extreme fashion and then overcompensate with a carb binge that is justified as "supercompensation."

There are ways to ensure plenty of muscle-filling, separation-popping glycogen in the muscle tissue without spill over. I'm advocating higher levels of carb intake at the beginning week where the larger muscle groups – like legs – are trained. As you move to mid-week, I would typically start bringing carbs down to make sure any excess carbohydrate has a chance to be used. Carbs are still being consumed while workouts are occurring, creating glycogen turnover, but there's still a small net loss during this time. It allows a chance for fine-tuning as you approach the pivotal days leading up to the contest. If someone is remaining full, weight isn't dropping too fast due to glycogen being reduced (and water therefore being eliminated from the body), it may be a good idea to level off carbs and coast into the show ensuring hardness. This can be an especially good strategy for Figure competitors who need tightness versus fullness, depending on their body type. For those who risk getting too flat – a fast metabolism – Thursday may be the best day for a moderate carb reload. You still have Friday to back off a little; almost 48 hours to utilize those carbs. Sometimes a client still needs more carbs after Thursday, so Friday's carbs can be increased to the same levels or even higher without too much risk. Hopefully you can see why I said the peaking process is about management, not magic. The ability to assess what is happening in your body and creating the best course of action, either corrective or proactive, separates the boys from the men and the girls from the amazons.

The flow of carb and water intake is only one part of the peaking process, but it is the big daddy. Mineral control has to be used to fine-tune the process and also must have a proper set up through the week. Training and cardio has an enormous impact on carb need. These will be discussed and integrated into the discussion over the next couple of articles.

Once carb and water decisions have been managed day to day through the week, you'll find yourself running to the mirror Saturday morning. How do you look? Tight? As full as to be expected before breakfast? What now? What foods will you eat, how much, how often, and what about water? Management. You must rely on a game plan going into contest day, but be ready to monitor, assess, and make decisions meal to meal. I plan the entire day for a client, including measured amounts of water per meal and between meals based on body size, body type and potential tendencies. However, by the end of Saturday, they've had almost as much or the same amount of water they would have any day, even as we control the flow through the day and the food may have been altered dramatically. It's a dynamic day internally, anxiety and energy are high, and there are scheduling challenges at every contest. It reminds me of the Final-Four game that the tiny private college Butler won in the NCAA tournament recently. The players on each team were the same as the previous four months, the basketball rims were still 10 feet off the ground . . . the game was the same. The losing coach of the superior team walked up after the game and told the victor, "You out-coached me."

I'm looking forward to tying the entire process together as the series continues. Get ready for your best-ever peaks and I'll try to out-coach your opponents! ★

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KORI'S CORNER

By Kori L. Propst,
M.S., L.C.M.H.C., L.P.C.

WHEN EATING BEHAVIOR MALFUNCTIONS

So many individuals who are involved in physique competitions suffer from disordered eating. Guys, don't turn the page! This article is also for you. The second we begin a diet, our chances of developing an eating disorder increase substantially. For females, the likelihood is 12 times higher for binge eating when dieting. While I do not know many individuals who compete and are clinically anorexic or bulimic, I have worked with some people who have been hospitalized and treated in outpatient facilities and the numbers who suffer from binge eating far surpasses the United States average.

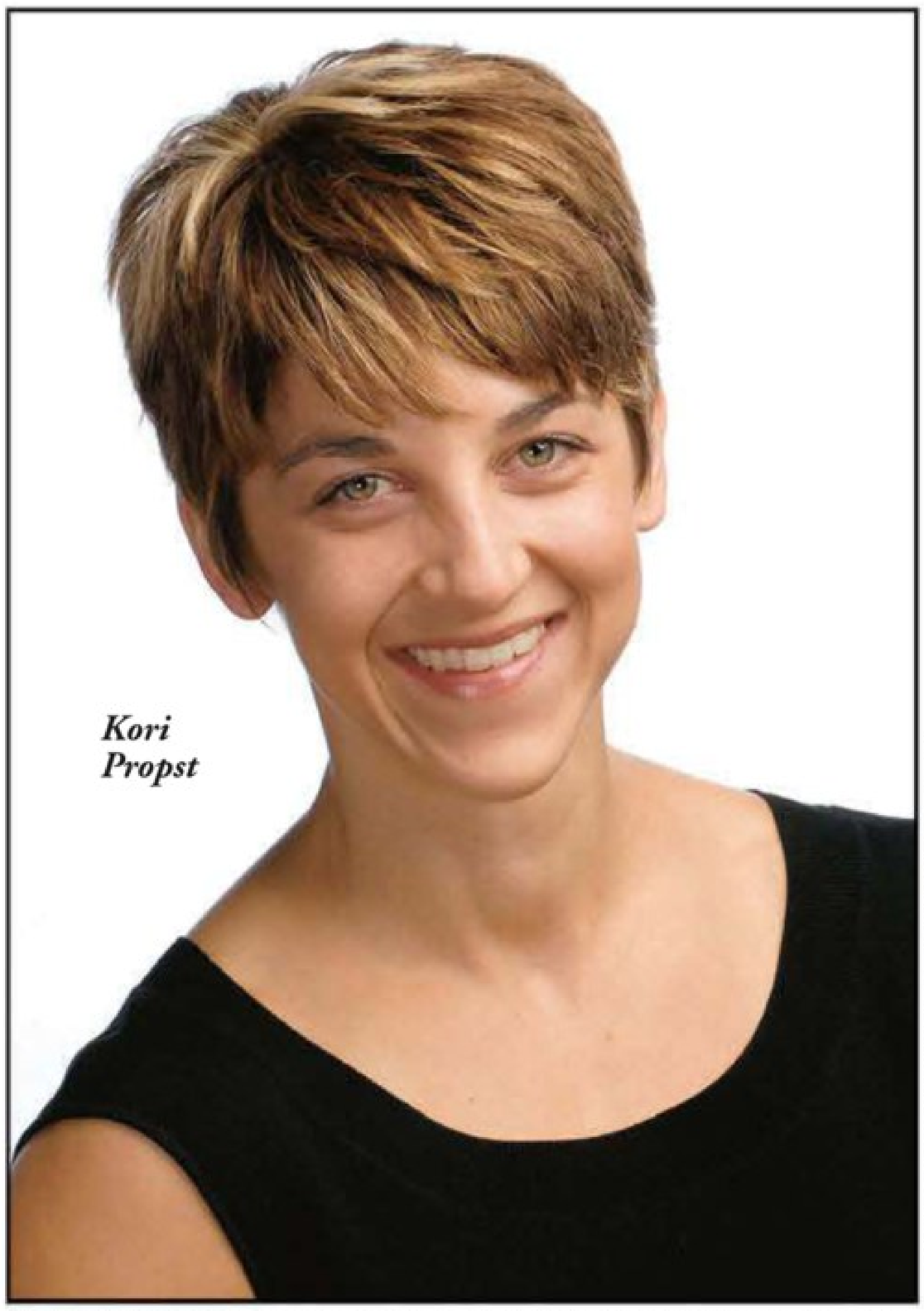
Binge eating disorder affects approximately 25 million males and females, and this number is likely higher. The shame associated with disordered eating often leads to secretiveness and an avoidance of treatment. About 80 percent of women are dissatisfied with their bodies, so it's really no surprise that disordered eating is such a problem.

I expound on this issue not to scare you, but to increase your level of awareness. This is not something to take lightly, especially in light of the circumstances we put ourselves in. The articles in this magazine are meant to be informative and insightful and to provide you with information you can use. Males, if you are still reading this article, you are not excluded from the many sufferers of disordered eating. The issues may present themselves differently, but in the realm of bodybuilding, disordered eating can often look the same between the sexes. I worked with one male bodybuilder recently who was engaging in binge eating and he was not in the middle of dieting for a competition. The offseason can be a tremendous struggle for most competitors as they have more freedom. Choices are more abundant and now they are in a position to begin listening to hunger cues and modifying meal size according to their own needs and not the needs of their diet and goals for a certain amount of bodyfat to be lost every week. The rules change and many find that without so many stringent guidelines about time between meals, meal size and structure, they flounder and struggle to find balance.

On top of the food piece of the struggle and learning how to eat in a more "normal" manner comes the challenge of getting comfortable with seeing your physique change as you move to a healthier level of body fat. I remember how I responded following my first competition . . . by maintaining my stage weight. I experienced such tremendous fear and anxiety as I anticipated the changes in my body. Needless to say, I understand the importance of it now, and having competed for quite some time, I've found a body weight that I not only have the best energy, but also feel attractive. That drive for thinness can push many people to develop very rigid rules about food and when those rules are broken and control is perceived to have been lost, the distorted thinking becomes very evident.

As competitors, we are in a rule-driven arena. We are fully aware that we are not "normal" when it comes to what we've chosen to compete in, and the diets we engage in are not "normal" either. So fancy this: 35 percent of "normal dieters" progress to pathological dieting. Of those, 20-25 percent progress to partial or full syndrome eating disorders. Might the statistics bare a much uglier picture within our circles?

Studies consistently show a high rate of disordered eating behaviors among individuals who are required to maintain a certain body weight, including wrestlers, figure skaters, gymnasts and jockeys, to name a few. A study published 10 years ago showed patterns of eating and exercise obsessiveness among male competitive bodybuilders to be similar to that of male subjects with eating disorders. Five years later, study results demonstrated that male competitive bodybuilders and male bulimia nervosa sufferers shared many of the same eating related features.



Kori Propst

PHOTO COURTESY OF DR. JOE KLEMCZEWSKI

I happened upon a thread online that was populated by bodybuilders specifically addressing disordered eating behaviors, and the majority of the contributors were males. I popped in with a comment and was slightly cautious, feeling almost like I was overstepping a boundary and moving into a territory that was very protected and sacred. What I realized as I recognized my trepidation to continue and offer some guidance, is that this feeling is very common among individuals who may notice some strange behavior among their peers. You may know someone who struggles surreptitiously with eating. They may plan binges, eat secretively, engage in binge/restrict type behavior, or use laxatives or purging, for example. You might not be aware of the exact behavior, but it is fairly obvious to you that the individual is struggling. What do you do? What do you say?

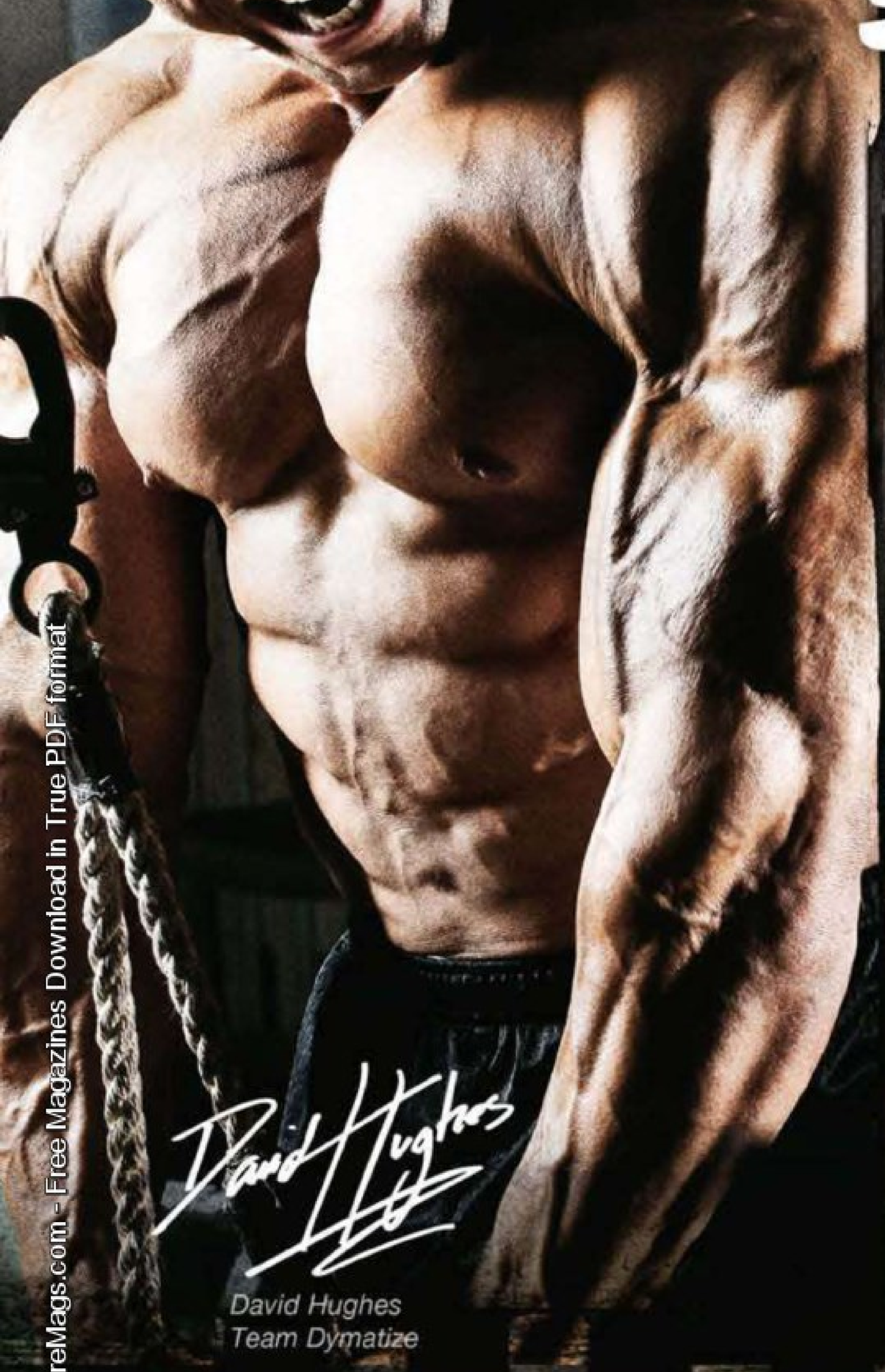
Most individuals who I work with have sought out my services. They come to me with very candid stories about their dysfunction and ask for help straightforwardly. Others, on the other hand, may be working with me on their nutrition or training, and express some struggles regarding "a binge this weekend" or "[my] weight is up about five lbs. after I went overboard *(continued on page 138)*

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Steve Weiss

WNBF PRO

KEVIN LOFY

By Laura Anne Rega-Crossan





LOFY-DIESEL'S WEEK

Mondays: Upper body power; 20 sets.
- Barbell rows, weighted pull-ups, dumbbell bench presses, pull-overs, barbell curls, close bench presses.

Tuesdays: Lower body power; 25 sets.
- Squats, hacks, leg extensions, RDLs, glute-ham raises, calves, abs.

Wednesdays: Cardio.

Thursdays: Back/shoulders; hypertrophy; 25 sets.
- Barbell rows, rack chins, dumbbell rows, lat pulldowns, military presses, high rows, lat raises.

Fridays: Legs; hypertrophy; 25 sets
- Squats, hacks, leg presses, leg curls, leg extensions, deadlifts, calves, abs.

Saturdays: Chest/arms; hypertrophy; 30 sets.
- Dumbbell bench presses, incline dumb bell presses, smith incline bench presses, cable flyes, spider curls, concentration curls, rope curls, triceps cable extensions, dumbbell kick backs, seated cable triceps extensions.

Sundays: Off

Living the natural life, Kevin Lofy has been training to be a world class bodybuilder for the last three years. The 5-9, 194-pounder trains at Delavan Fitness Center in Delavan, Wis., near his hometown of Lake Geneva.

Nicknamed "Lofy-Diesel," Kevin is a powerhouse in the gym. Among the many titles Kevin holds, he most recently made his pro debut at the 2010 WNBF Mid America in Evansville, Ind. and took third place in the heavyweight division. After that, he took fifth place at the 2010 Dorian Yates Nutrition WNBF US Cup in New York City as a heavyweight. Prior to his pro debut, he won his pro card at the 2009 INBF Midwest Championships in Madison, Wis. as a lightweight competitor.

The 26-year-old is certified as a Certified Strength and Conditioning Specialist (CSCS) by the NSCA. He also holds a BSE from the University of Washington – Oshkosh. Kevin is currently the Athletic Director/Physcial Education/Health Teacher for pre-kindergarten through eighth grade at Saint Mary's School in Janesville, Wis. He is also a part time personal trainer at Snap Fitness and Delavan Fitness Center in Wisconsin. "I believe that my students and personal training clients respect the fact that I am a natural athlete competing at a high level within the WNBF," he says. "Living the fitness lifestyle helps my students and clients and they think of me as a role model." In addition to these career pursuits, he is also the owner of Lofy Landscaping.

His philosophy is simple: "No BS in the gym. Train hard or get out of my way. One must realize when to back it off in the weight room and know when to recover. You have to EAT to grow!"

In terms of his diet, Kevin likes to keep it simple and learn how his body reacts to foods. He eats 6-8 meals per day (depending on whether it is a high or low carb day). He chooses lean meats such as tuna, chicken, tilapia and sirloin steak. He also prefers oats, rice, sweet potatoes, walnuts and flaxseed. Kevin supplements his diet with a complete multivitamin, NO, beta-alanine, creatine, waxy maize, protein, amino acids and ZMA.

Kevin works 60-70 hours a week between teaching, personal training and landscaping, but he still finds time to workout six days a week. "There should be no excuses to miss a workout," he says. " I haven't missed a single workout in over two years! I am very passionate with everything I do – teaching, training and landscaping!"

Before he began lifting, Kevin was 165-175 lbs. Through proper training and dieting, Kevin reached 235 lbs. in the offseason and 194 lbs. insea-son. Today, Kevin considers his legs and back his best bodyparts. "My legs are the most developed, due to years of sprinting and ski racing," he notes. "Training [my] back is my favorite – nothing is more powerful onstage than a dominating back!" His training secret: "A steady diet, heavy squats and deadlifts go a long way in developing one's physique," he says. "You can't be scared to lift heavy!"

Throughout his life, Kevin has always kept health and fitness at the top of his list of priorities. "I was an All-American track athlete during college, and after my NCAA eligibility ran out I needed something else to compete in at a high level," he recalls. " I also was an accomplished downhill ski racer while in high school. It seems like I go through competitive sport stages in my life: Ski racing, track and now bodybuilding."

Being a lifetime natural athlete is about honor, morals and respect, Kevin asserts. "To stand next to *(continued on page 137)*

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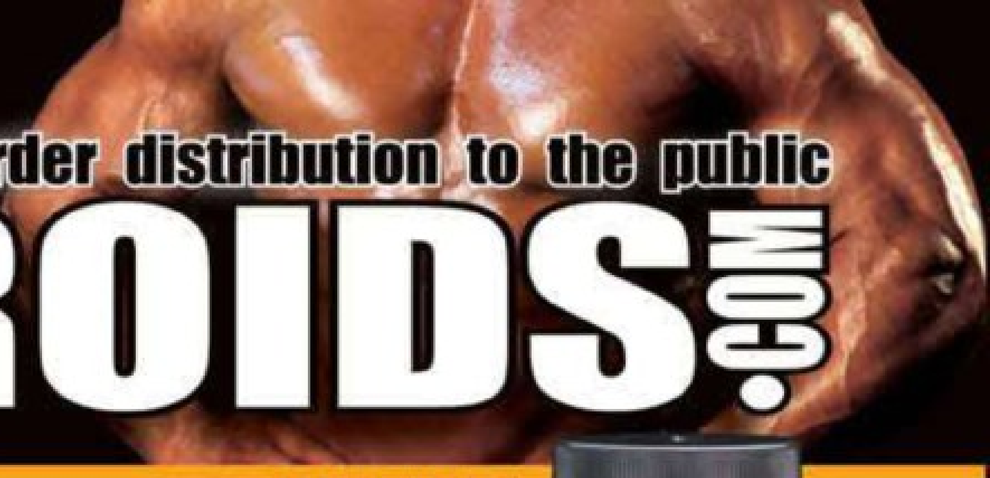
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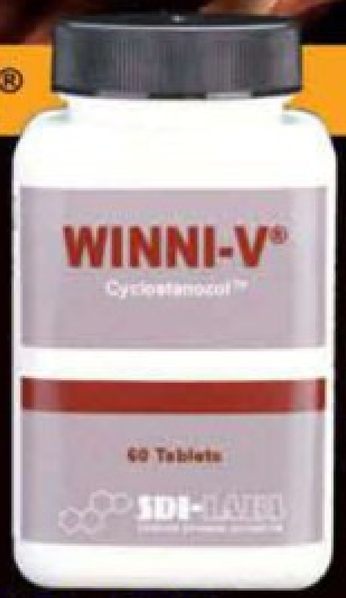


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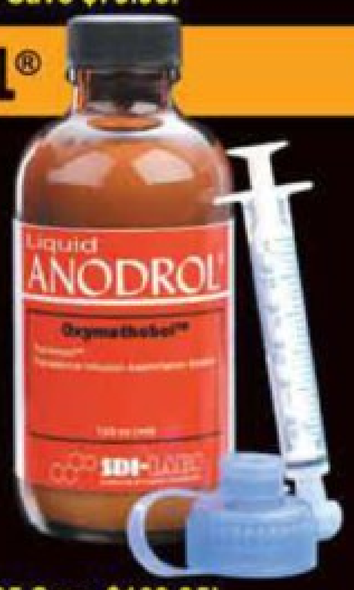


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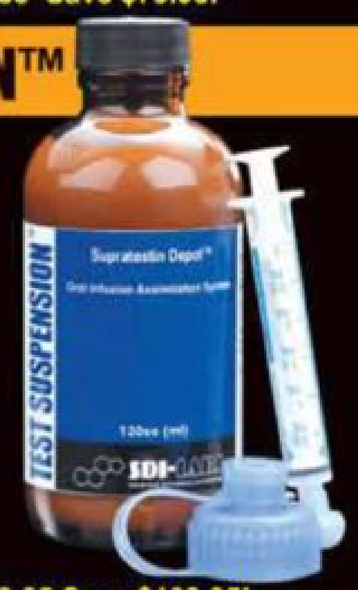


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2	2 / Day	4cc / Day	
3	2 / Day		4cc / Day
4	2 / Day		4cc / Day
5	2 / Day	4cc / Day	
6	2 / Day	4cc / Day	
7	2 / Day		4cc / Day
8	2 / Day		4cc / Day

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1	2 / Day	4cc / Day				†		
2	2 / Day	4cc / Day				†		
3	2 / Day	4cc / Day				†	††	
4	2 / Day	4cc / Day				†	††	
5			4cc / Day	3 / Day		†	††	
6			4cc / Day	3 / Day	3 / Day	†	††	
7			4cc / Day	2 / Day	3 / Day	†	††	
8			4cc / Day		2 / Day	†	††	
9							††	4 / Day
10							††	4 / Day

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1	4 / Day	4cc / Day		†	
2	4 / Day	4cc / Day		†	
3	4 / Day	4cc / Day		†	
4	4 / Day	4cc / Day		†	
5	4 / Day	4cc / Day		†	
6	4 / Day	4cc / Day		†	
7	4 / Day	4cc / Day		†	
8	4 / Day	4cc / Day		†	
9		4cc / Day	4cc / Day	†	
10		4cc / Day	4cc / Day	†	
11		4cc / Day	4cc / Day	†	
12		4cc / Day	4cc / Day	†	
13					4 / Day
14					4 / Day

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1	2 / Day	4cc / Day				†		
2	2 / Day	4cc / Day				†		
3	2 / Day	4cc / Day				†		
4	3 / Day	4cc / Day				†		
5	3 / Day	4cc / Day				†		
6	3 / Day	4cc / Day				†		
7	4 / Day	4cc / Day				†	††	
8	4 / Day	4cc / Day				†	††	
9	2 / Day		4cc / Day	3 / Day		†	††	
10			4cc / Day	3 / Day	3 / Day	†	††	
11			4cc / Day	2 / Day	3 / Day	†	††	
12			4cc / Day		2 / Day	†	††	3 / Day
13							††	3 / Day
14							††	3 / Day

*EXPECTED RESULTS: Advanced gains in muscle mass, strength, definition and hardness.

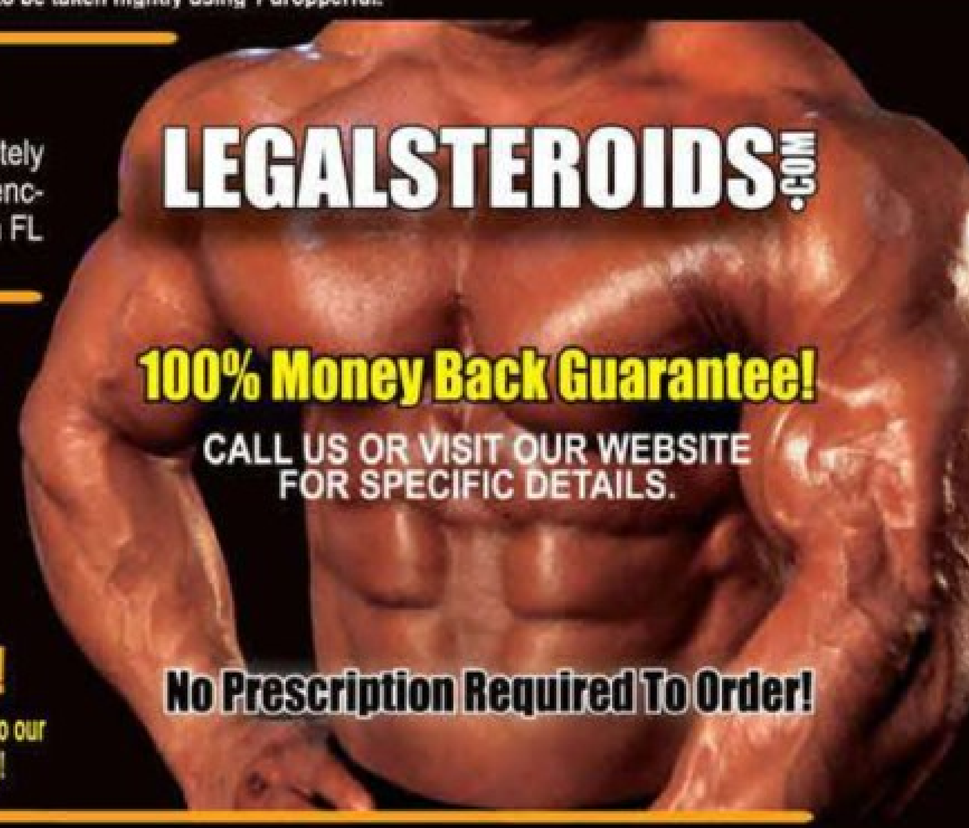
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Dear SDI-LABS,
"One week into the cycle and my muscles feel so full, tight, hard and pumped after my work out... It literally felt like they would explode!" Dan M – Bronx NY

Dear SDI-LABS,
"Please send 4 more bottles of D-BOL... I am absolutely shocked at the intense muscle growth I am experiencing from your products!" George A – Boynton Beach FL



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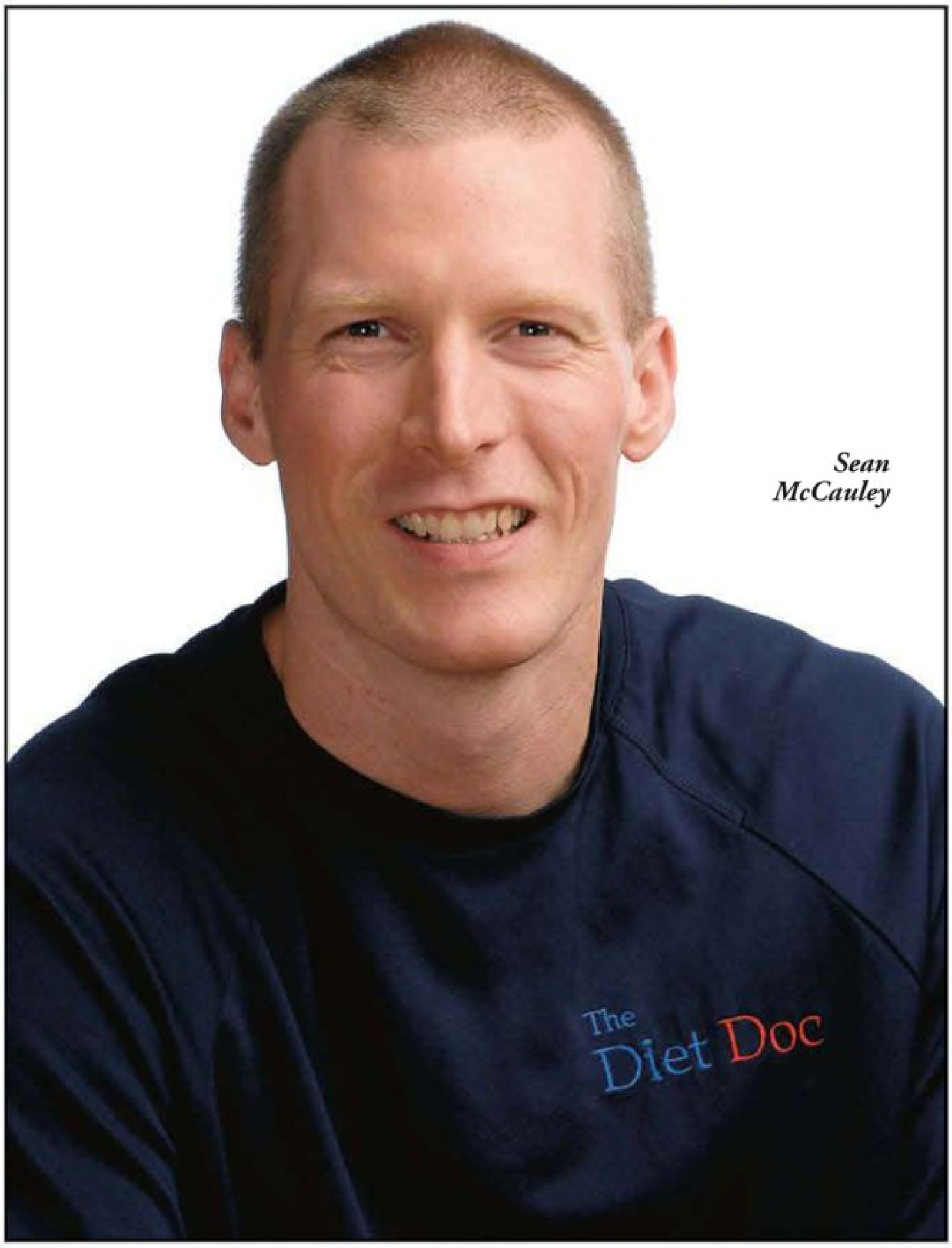
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REAL WORLD BODYBUILDING

By Sean McCauley, C.S.C.S., C.I.S.S.N.

ISOLATION MOVEMENTS



Sean McCauley

PHOTO COURTESY OF DR. JOE KLEMCZEWSKI

A client recently sent me an email about isolation exercises. She told me her previous trainer never allowed her to do any isolation movements because they really "are not useful." However, most muscle-building exercises seem useful to most of us. So please allow me to argue for isolation movements. If you have followed this column over the years, you have undoubtedly picked up on a central theme that compound joint, ground-based exercises are by far the best thing you can do in a gym on a minute by minute basis. And that is very much accurate, but they are not the only things you should be doing. In fact, if you are not doing isolation movements, you're leaving growth on the table.

So why do an isolation exercise? Simply said, because it stimulates tissue very effectively. But so does a squat or a deadlift. In fact, squats and deadlifts stimulate those tissues even better. But while you could, in theory, only do those two exercises for the rest of your life, why would you want to limit yourself like that? The monotony would burn you out and the wear on your body would take a toll. It would also be virtually impossible to avoid adaptation, thus stunting new development. This is where isolation motions come into the picture. They give us more options, so we can use specific isolation motions to really work ourselves in a whole new way.

Before we go any further, I'd like to issue a warning. Although isolation movements can be effective, you must use caution when selecting exercises. A lot of the machines that are used for these motions are not biomechanically sound. We have covered biomechanics in previous columns, so for now, when you are choosing isolation motions, it is better to find ways to do these motions with free weights. If you are forced to use a machine, be discriminating with the equipment and make sure it is set correctly for your body.

That said, how do you integrate them into your training in the most effective way possible? Well, ironically you have to go back to the compound motions for that answer. Most would agree you should not squat or deadlift each and every workout. These exercises place a tremendous strain on your body, do a lot of tissue damage and

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require recovery. This is where isolation motions come into play. They allow us to work at high intensity levels while still actively recovering from the bigger compound motions.

So, add them to the workouts that are built out around your bigger compound exercise days. Pay careful attention to rep counts, though. No matter how strong you are, you will never be able to move the same weight on an isolation motion that you will a bigger compound motion. Keep the reps a little higher here. Lifting heavy (as relative to your 1 RM on a given exercise) is not a safe idea. Take a leg extension, for example. This is a fantastic exercise for the quadriceps. However the force vectors on that exercise place a tremendous amount of sheering force on the knee. In fact, the *anterior cruciate ligament* (ACL) is the only structure that holds your knee together during a leg extension. Without that ligament the joint would suffer a debilitating anterior dislocation.

Would that be bad? Yes. Your knee would never be the same. Should we still do the leg extension in light of this? Assuming you have a healthy ACL and have no knee replacements, yes. Your knee is more than capable of stability during this exercise providing you use caution. Why not avoid this motion? Because it's a very valuable exercise that offers you growth potential and it can be done safely.

You don't 1 RM an exercise like that. I would almost never tell anyone to drop under 5-6 reps on this type of exercise. Rather, stick to the higher rep counts knowing that your strength goals will be met on the compound joint exercises.

That brings us to the next topic related to isolation motions, strength gains. Rarely does a day go by that my inbox does not have a question about strength gains. And oftentimes people become frustrated that they are not seeing bigger jumps on those isolation exercises. The reality is that strength gains on isolation exercises are tough to come to by for a few reasons.

First, isolation exercises are done with significantly less weight than their compound-joint counterparts. Thus, a gain in strength on a given isolation exercise represents a significant percentage increase in strength. For example, if you can squat 200 lbs. and you increase your squat by 20 lbs., you have made a 10 percent increase. But if you can curl 60 lbs. and you increase your curl by that same 20 lbs., you have just made a 33 percent increase. Obviously, you can't develop that kind of strength very fast and thus, the gains on the smaller isolation motions are a lot slower and smaller. Furthermore, most people do not make the correct jumps in weight to facilitate those gains. We (myself included) tend to get too aggressive with the weight on the smaller stuff because we view strength gains through the scope of those bigger exercises. We tend to demand too much.

Secondly, those gains are hard to get because oftentimes you are not doing the isolation motions until you have already done other exercises that fatigue you. So, by the time you get there, you are not fresh, your blood sugar is likely dropping, your blood chemistry is not favorable and you are grinding hard to finish the workout. That is a good thing. Only you would never knowingly go into a strength workout like that. So if you want strength gains, that is a good thing – it means you are aggressive and training hard. But don't worry about strength gains on those isolation motions. Push them as hard as you can and over time, and you will see progress. But remember, isolation motions are just another thing you can use to build muscle. Don't expect too much out of them, but do not ignore them either. They may just be the difference between winning and losing your next show. ★

Editor's Note: Sean McCauley, C.S.C.S., C.I.S.S.N. is the program director of The Diet Doc and spearheads the Team Klemczewski Online Training Program. He can be reached by sending e-mail messages to sean@thedietdoc.com.



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LOSE WEIGHT to Get **RIPPED** and **READY** for SUMMER!



SPECIAL 4-PAGE AD REPORT

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Summer will be here soon... will you be ready?

After a long winter of "bulking" and keeping your physique hidden beneath baggy sweaters and heavy coats, you've eventually got to come to terms with the fact that summer is rapidly approaching. With it comes warm weather, poolside vacations and clothing that shows the world what you're really made of. And what you look like. So this season, don't take any chances. Instead, get on the powerful weight-loss formula with a key complex proven to deliver real results: *Hydroxycut™ Hardcore Pro Series®*.

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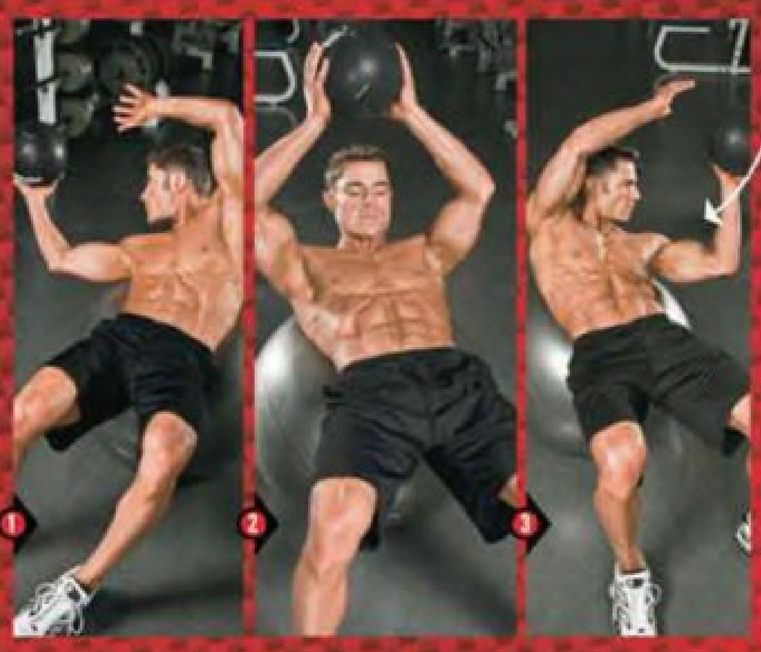
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SUMMER
AB-SHREDDING SUPERSET

Add this insane, ab-shredding superset to your weekly training routine to build your 6-pack and really make 'em pop!

THE 6x20

Bent crunches	**20 max reps**
Rest for 45 seconds to 1 minute	
Hanging leg raises	**20 max reps**
Rest for 45 seconds to 1 minute	
Pulldown crunches	**20 max reps**
Rest for 45 seconds to 1 minute	
Ball crunches	**20 max reps**
Rest for 45 seconds to 1 minute	
Ball vertical crunches	**20 max reps**
Rest for 45 seconds to 1 minute	
Medicine ball twist	**20 max reps**



EAT TO GET CUT!

Here's a sample nutrition and supplement plan to help you lose weight and get ripped for summer!

Meal 1	1 cup of steel cut oats
Meal 2	12 egg whites 1 cup of quinoa
Meal 3	8 oz. of grilled salmon 1 cup of broccoli 1 cup of brown rice
Meal 4	10 oz. of chicken 2 cups of spinach

SUPPLEMENTS

Throughout the Day
Hydroxycut™ Hardcore Pro Series®
Nitro-Tech® Hardcore Pro Series®

Post-Workout Supplements
Nitro-Tech Hardcore Pro Series

THE TRUTH ABOUT GETTING RIPPED

You see it all the time: overweight guys who spend tons of time doing sit-ups, crunches, leg raises and twists, all in the hopes of achieving a shredded six-pack. The truth is no amount of ab training is going to help you get a ripped set of abs if you don't lose weight. Cutting that extra weight through proper nutrition, hardcore training and smart supplementation is what allows you to reveal the underlying muscle. That's why so many bodybuilders, athletes and fitness models include *Hydroxycut™ Hardcore Pro Series®* in their stack. Not only is this powerful weight-loss formula designed to deliver real weight-loss results, its key ingredient (*HydroxyPro™*) has been clinically proven in two gold-standard weight-loss studies!

***Hydroxycut Hardcore Pro Series* contains a key complex clinically proven to help you lose weight to get ripped!**

WEIGHT-LOSS RESULTS PROVEN IN 2 CLINICAL STUDIES!

HydroxyPro is an extremely potent weight-loss complex. In fact, it's one of the very few compounds in the industry today that has been tested in two gold-standard clinical studies. Data analysis of the results from both clinical trials on this powerful key ingredient complex showed that there is statistical significance for test subjects having lost 7 times more weight than placebo subjects! So when you're shopping around for a product that's going to help you get ripped, see how many of them are formulated with a key complex proven to deliver dramatic weight-loss results. There aren't many, if any at all.





SPECIAL 4-PAGE AD REPORT

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MAKE THIS THE SUMMER YOU FINALLY GET RIPPED!

At the end of the day, you train hard to get ripped. You want to be able to peel your shirt off at the beach or at the pool and catch people checking out your shredded abs and ripped physique. So, why wouldn't you choose a powerful formula that's been specifically designed to help you achieve the weight loss that can help you do it? Summer will be here before you know it. Don't take chances with your physique or your weight-loss supplement. Choose the one with the powerful key complex that's been proven to deliver real weight-loss results. Choose *Hydroxycut Hardcore Pro Series*.

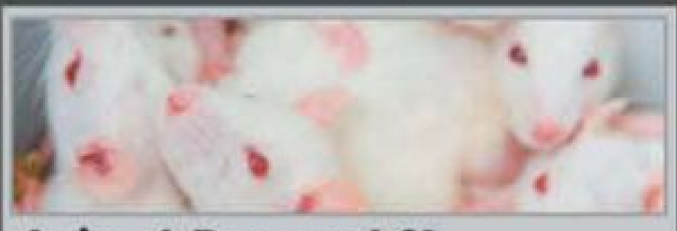
They're Fooling You with **RAT SCIENCE!**



"...investigated in isolated adipocytes from RAT subcutaneous fat..."

"...alpha-2 antagonist radioligand was used to characterize alpha-2 receptor binding in BOVINE cerebral cortex..."

These are ACTUAL excerpts from cited studies of a "clinically backed" product. They do a lot of talking about "subcutaneous fat" and "targeted fat loss," throwing around science-y sounding words to fool you into thinking they've discovered something remarkable. They obviously have little respect for you, or what they expect you to put into your body in the name of getting ripped. Sure, their stuff works great – **if you're a lab rat or a cow's brain.**



Animal Research?!

So how'd they do it? Simple. By manipulating public perception and basing their formulas on animal research and in-vitro studies. On what? Yeah - ANIMAL RESEARCH and IN-VITRO studies (which is Latin for "in-glass", like a petri dish). Don't get me wrong, animal and in-vitro studies are very important first steps in conducting research. But to mislead people, telling bodybuilders, athletes, men, women - people just like you - that their "clinically backed" supplements can help YOU target and burn fat when the only "proof" or research they have to back it up is based on lab rats and cow brains!? Well, that's just straight- up wrong.

MUSCLETECH® Research And Development

The Team MuscleTech Difference!

See, we talk a lot about clinically proven ingredients too. You know why? Because we actually have clinically proven key ingredients. We show you charts and graphs that demonstrate the actual weight loss experienced by human test subjects. How? Easy. We got results conducted with gold-standard weight-loss research. The clinically proven weight-loss complex in *Hydroxycut Hardcore Pro Series*? Tested using real gold-standard testing protocols. On actual, living human subjects.



"*Hydroxycut Hardcore Pro Series* helped me lose 24.2 lbs. in only nine weeks. I highly recommend it." - JEREMY PATTERSON



"I feel great! I was able to really show off my abs because of the weight loss I experienced." - CHRISTIAN WARNKE

Average weight loss with the key complex *HydroxyPro*™ was 16.50 lbs. vs. 1.73 lbs. for the placebo group in one 8-week study. Both groups followed a calorie-reduced diet. Jeremy and Christian used *Hydroxycut Hardcore Pro Series* with diet and exercise and have been remunerated.

JOIN THE CONVERSATION!

Find Team MuscleTech on Facebook, Twitter and YouTube for exclusive training info, diet plans, supplement advice and more!



Available at GNC Live Well. SHOP NATIONWIDE OR AT GNC.COM · The Vitamin Shoppe · BODYBUILDING.com · amazon.com

Read the entire label and follow directions. © 2011.

SteroidLegs.com

By Mathew J. Park

THE POWER OF FAILURE

In this day and age we are bombarded with challenges, setbacks and road blocks toward our goals and dreams. Failure is only a delay, not a defeat. How do you view failure? Drug-free athletes are faced with overwhelming odds. We are some of the only athletes in the world that when we turn pro, we don't get a big endorsement contract or thousands of dollars. Natural athletes that compete at any level (amateur or pro) have to deal and balance a whole lifestyle.

This can be overwhelming for many. In fact, countless individuals can't understand why we do what we do, and the incredible sacrifice we make for the sport. It takes a very determined and disciplined person to undertake the consistent demands that are needed to step on stage and that involves dealing with failure on a consistent basis. Looking at failure as a teacher allows us as athletes to move forward, even if it's a baby step.

Failure comes in many disguises and always for a reason. Have you ever asked yourself if you can turn a negative experience into a positive one? The most successful people have faced some of the most difficult odds. Look at Michael Jordon, who was cut from his high school basketball team or Henry Ford, who didn't graduate from high school.

Back in 1977, bodybuilding legend Franco Colombo decided to compete in the World's Strongest Man competition. He was first in total points in the competition, which was an incredible feat considering he weighed much less than the rest of his competitors. Then came the final event, a refrigerator race where the athlete had to run downhill with a bulky, heavy, unwieldy refrigerator strapped to his back. Franco was ahead in the race until he stumbled on national television and grotesquely dislocated his leg. This ended his participation in the overall competition with a fifth place finish. It took six hours of surgery to remove all the muscles and repair his leg. Doctors told him he would never walk again, but Colombo successfully recovered over the next three years. Franco relentlessly continued his journey in the sport, later winning the 1981 Mr. Olympia contest.

When we experience failure, we often feel down on ourselves and start to focus on our past failures, think negative thoughts and feel defeated. It's critical we transfer these thoughts immediately through conscious transition. Asking certain questions to ourselves will enable our minds to break free and create solutions. Our minds cannot function with both positive and negative thoughts; it's either one or the other. When you find your energy low, you're over thinking things and your workouts are just not where they need to be at, review your thoughts. Sit down and just write out your thoughts for five minutes. Don't allow any restrictions here, just write and you'd be surprised what comes out on paper. This simple exercise will allow you to let go of what is hanging on to you and then start fresh. I can recall some unproductive workouts where I had decreased strength, poor concentration and negativity. I ended frustrated and felt defeated. I simply took some time by myself in a quiet spot and wrote on a sheet of paper whatever I was thinking and in minutes, I started to feel relaxed and clearer. This enabled me to pinpoint what was happening inside my mind, so I could conquer for my future training sessions.



WNBF Pro Mathew Park

PHOTO BY GEORGE LEGEROS

Setbacks and failures mean little or nothing in themselves. The whole meaning of a setback – or any success, for that matter – is how we take it and make of it. How many times have you looked at someone who is very successful and thought, "Wow, they must have had some lucky breaks along the way." In reality, that person likely experienced more failures and defeats than successes. Research has demonstrated that only three percent of the population actually sets written goals. This clearly demonstrates that the three percent of the population that are highly successful do well because they are prepared to combat failure head on. They have already mentally prepared to find solutions and look for opportunities, rather than accept defeat.

When we prepare for a competition, our minds are geared toward bringing the best possible physique and doing whatever we need to do to achieve that. The results may not always turn out as we intended, but they do build strength and toughness. As bodybuilders, we are continually trying to improve even in the smallest of progressions. We are always faced with adversity, but the test of a true champion is how he turns around even the most difficult of experiences and comes out on top.

5 KEYS TO OVERCOME FAILURE

1. Look for the positive. There is always one;
2. Look at failure as an opportunity;
3. A failure happens for reason. You may not see it initially, but look for it along your journey. It teaches us valuable life lessons;
4. Ask the right questions immediately in order to transfer conscious thought. What am I grateful for? What do I need to do to turn this around? What can I learn from this?
5. Embrace it. Don't fight it. ★

Editor's Note: Mathew J. Park, N.A.I.T. P.F.T. diploma, N.A.S.M.-C.P.T., C.E.S., P.E.S. & C.S.E.P. – C.P.T., C.E.C., is a WNBF Pro, Bodybuilding Peak Mindset Specialist, Power and Corrective Bodybuilding Specialist, professional trainer, President of INBF Canada, Inc. and Vice President of PhrecisionTR Inc. and RE7. Mat can be contacted through his website http://www.MatParkMuscle.com.

"FREE Book Reveals The Fastest Way To Go From Struggling Hard Gainer... To HUGE, Ripped and Respected"

And the best part is you can start seeing results in only *weeks*... NOT months or years needed with conventional training.

If you've ever lusted for the ability to pack on muscle as quickly as possible... **and reach your genetic potential in months instead of years**... then this short letter is going to *change your life*.

Listen, I'm not a professional writer, but what I've discovered is so amazing and so effective I wanted to write you myself. So please bare with me and my occasional bad grammar.

My name is Rick Gray. I'm a former hard gainer who finally discovered **the secrets to gaining muscle mass FAST.**

Most bodybuilders only master a handful of training techniques for building muscle. These may work for a few months... but your gains almost always grind to a screeching halt... even though you're busting your butt in the gym!

Many of the champions from the Golden Age of bodybuilding (before rampant anabolic steroid use) realized *this*: You'll soon plateau and stop growing if you don't have...

An Advanced "Bag Of Tricks" For Stimulating Muscle Growth.

After more than 25 years of experimentation, studying the masters... and plenty of blood, sweat and tears in the gym... I've discovered **the bodybuilding secrets that will help you gain muscle faster than you ever dreamed possible.**

See, I was the typical scrawny kid who tried EVERYTHING to gain muscle.

After years of frustration and minimal gains - even though I was training as hard and heavy as possible - I just about gave up.

The only thing that kept me going was I *knew* the champs had training, nutrition and supplement secrets - when used in the right combinations - that could trigger anabolic responses in your body...

Almost As Effectively As Anabolic Steroids!

So I made it my life's mission to discover the jealously guarded secrets that can **transform a hard gainer into a MASSIVE ripped bodybuilder...in MONTHS instead of years.**

Decades of interviewing (and in some cases *bribing*) as many top bodybuilders as possible... and years of mad scientist-like experimenting in the gym revealed...

The Secret To Producing An Anabolic Environment In Your Body... Safely And LEGALLY.

After decades of testing and refining my methods on hundreds of bodybuilders... I'm finally revealing these secrets in my new book, ***Muscle Overload Training.***

I haven't held anything back. I'm revealing everything you need to make **HUGE gains in muscle mass as fast as physiologically possible.**

Here's just a *small* sample of what you'll discover:

- ✓ Why most bodybuilders are ***dead wrong*** in how they train for massive size gains. **(If you're training *this* way, your gains are gonna be *painfully* slow!)**
- ✓ The 3 muscle growth stimulus factors you need to manipulate to get **maximum results from your training.** Most routines (like the one you're probably using now) only pay attention to one or two of these "growth factors"... **but ignore the most important one for rapid growth.**
- ✓ How eating the wrong foods can literally ***vaporize*** **your precious muscle mass.** (You'd be amazed at how many guys think they're eating "healthy"... **but their diet is actually causing them to *lose* muscle mass.)**
- ✓ **How to DOUBLE your muscle growth by training 45 minutes or less!** (The truth is, your testosterone levels start declining *rapidly* during intense training… so long workouts are actually **cheating you out of at least *half* of the gains you *should* be getting!**)
- ✓ Why the amount of rest between sets can have an ***enormous*** **and long-lasting impact on your size.** (Almost no one knows this, but it's been a jealously guarded secret of top level bodybuilders for more than five decades.)
- ✓ How to combine volume and high intensity in the same workout - giving you **the most physiologically-effective "shortcut" to building quality muscle size quickly.** (Almost nobody knows this one!)
- ✓ If you're over 35, how you can **get ALL the gains of a younger man... without the risk of injury** you'd have with a conventional routine.
- ✓ **How to "shock" your muscles into growing faster than they want to.** (Plateaus will be a thing of the past!)

There's so much more, it would take me eight more pages just to outline it all here.

The fact is, *Muscle Overload Training* will help you put on huge, dense, rock-hard slabs of muscle as fast as humanly possible.

Why Am I Finally Revealing My Most Powerful Secrets To You?

The answer is simple: It pisses me off to watch while hard-working bodybuilders like you keep getting handed worthless training programs, diets and supplements... and downright lied to by all the "armchair experts!" Enough is enough! You deserve to know the TRUTH!

Here's How To Get Your FREE Copy Of My New Book...

My publisher says I need more testimonials before they can promote the book. So here's the deal:

I'll send you the book absolutely FREE... no strings attached.

The only thing I ask... if you try the program and get good results (like most others have) please send me a brief testimonial with your permission to use it in a future promotion. That's all.

Here's what you need to do right now:

Call the Toll-Free 24-Hour Recorded Message: 1-800-474-3115

...and after the brief message, leave your name and address to request your FREE copy of ***Muscle Overload Training***. Or you can download a FREE digital copy at **www.MuscleOverloadTraining.com.**

That's all there is to it. If you're like most who've tried this, you'll start seeing ***massive*** **muscle gains** very quickly.

Thanks for reading this message.

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WNBF TOURNAMENT OF CHAMPIONS FLASH REPORT

By Rich Fitter

In the first WNBF Pro Natural event of the year, ***NB&F*** coverman Trevor Sajdak stunned the natural bodybuilding world by winning the WNBF Tournament of Champions in his pro debut.

Trevor's balance and conditioning earned him three first place votes, edging the incredible Rodney Helaire and massive Robert Peacock, both of whom earned two first place vote each.

A full report on the event will be featured in the next issue of ***NB&F***. To learn more about rising star Trevor Sajdak, check out his story on page 82. ★

1st – Trevor Sajdak ($2,000)

2nd – Rodney Helaire ($1,000)

3rd – Robert Peacock ($500)

4th – Dan Balsavich ($300)

5th – Elijah Lewis ($200)

6th – Sean Tydings

7th – Dean Annett

8th – Wayne Palmer

9th – Isaac Toka

10th – Michael Lindberg

11th – Joe Przbyla



WNBF Pro Trevor Sajdak

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REAL RESULTS!

If you're looking for a weight-loss formula with a key complex proven to deliver real results, get on *Hydroxycut™ Hardcore Pro Series®*! It contains a powerful weight-loss complex that's been clinically proven to help subjects lose significantly more weight than placebo subjects in both an 8- and 12-week trial!



JEREMY PATTERSON
HYDROXYCUT
HARDCORE
SUCCESS STORY



"*Hydroxycut Hardcore Pro Series* helped me lose 24.2 lbs. in only 9 weeks." - JEREMY PATTERSON

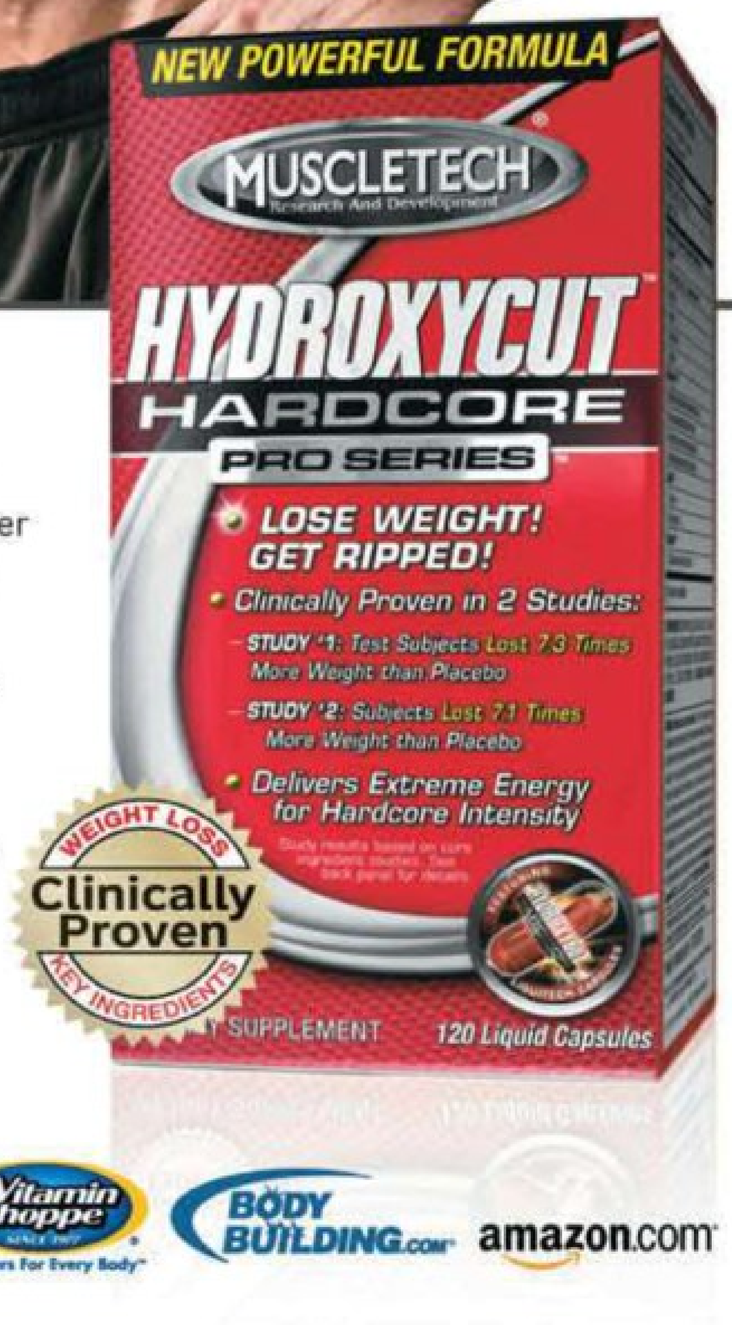


"*Hydroxycut Hardcore Pro Series* was a vital part of my training program during my 13-week transformation!" - CHAD HERR



"I feel great! I was able to really show off my abs because of the weight I lost in only 12 weeks." - CHRISTIAN WARNKE

With the summer season just around the corner, don't wait another day to get the power of *Hydroxycut Hardcore Pro Series* into your diet and training program and see what kind of physical transformation YOU can make!



Average weight loss with the key complex *HydroxyPro™* was 16.50 lbs. vs. 1.73 lbs. for the placebo group in one 8-week study. Both groups followed a calorie-reduced diet. Jeremy, Chad and Christian used *Hydroxycut™ Hardcore Pro Series®* with diet and exercise and have been remunerated. Read the entire label and follow directions. © 2011.

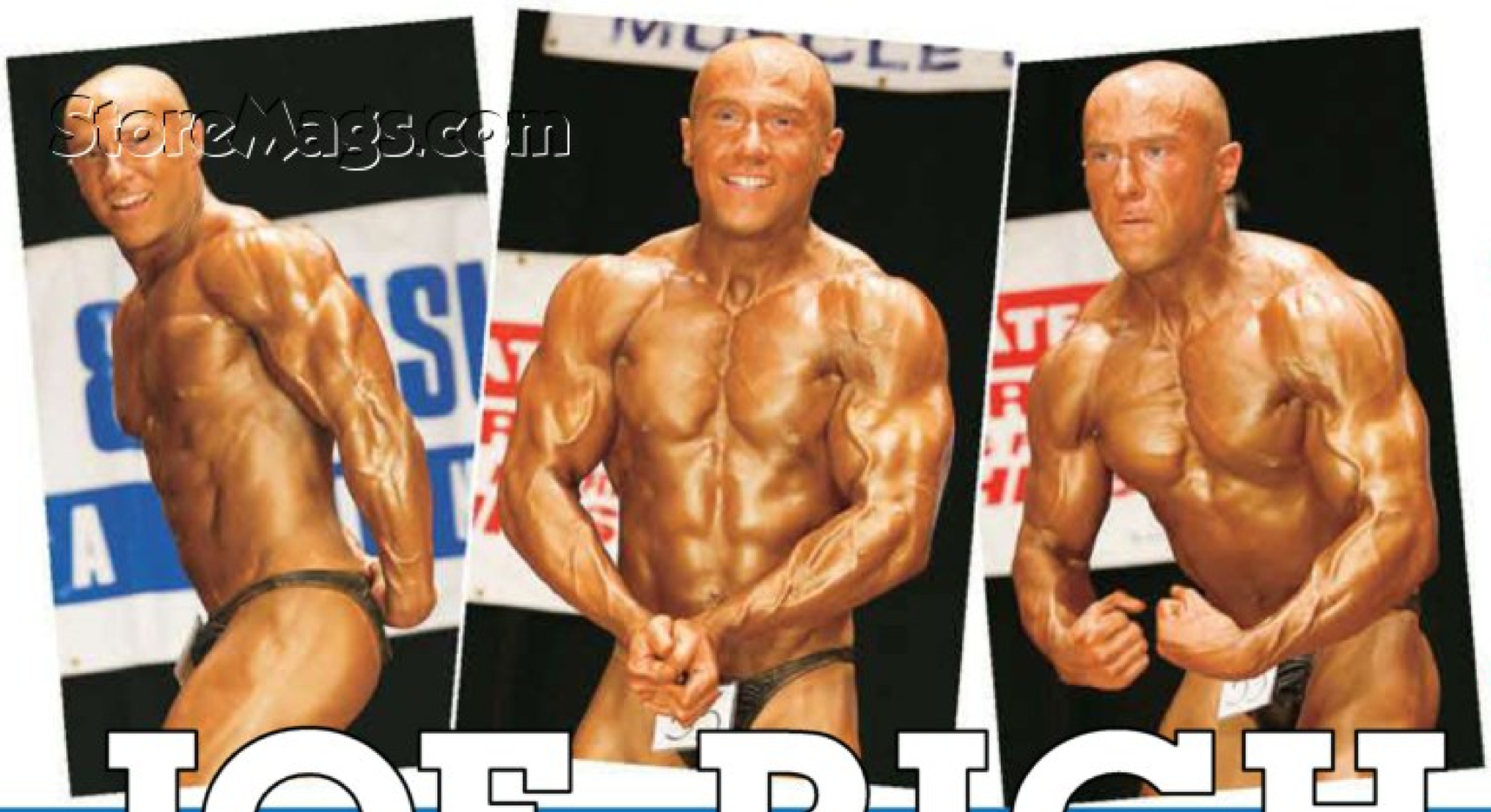
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JOE RICH

A Modern Day He-Man

By Laura Anne Rega-Crossan

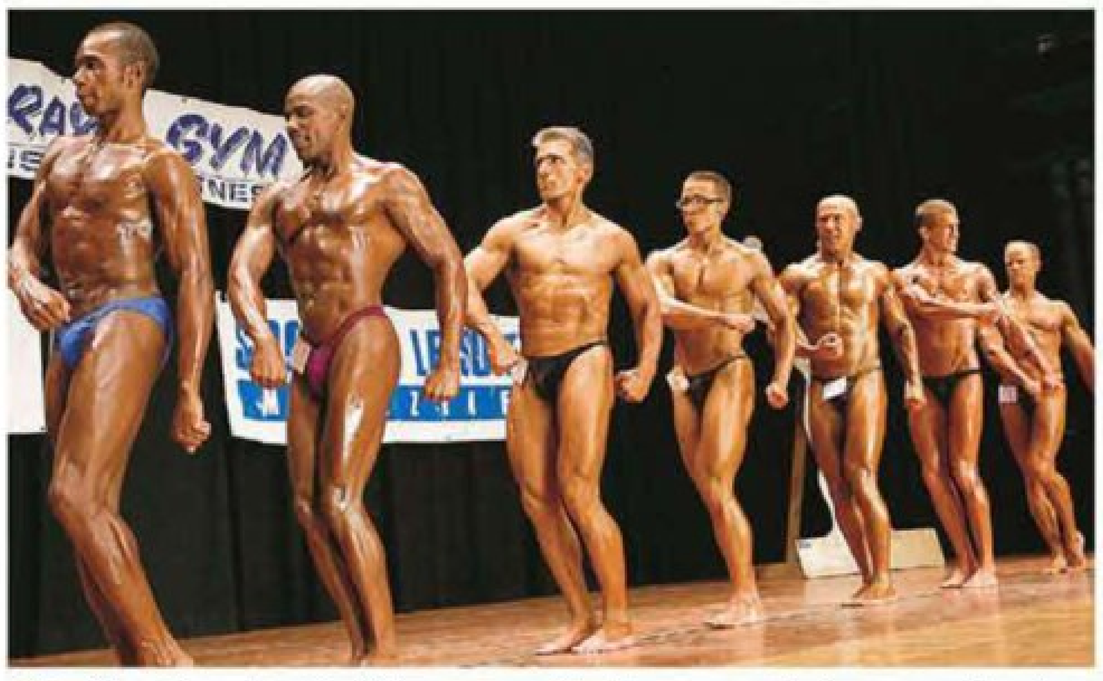
JOE'S WORKOUT

Sundays: Chest and triceps;
Mondays: Back and hamstrings;
Tuesdays: Biceps and calves;
Wednesdays: Cardio;
Thursdays: Shoulder and back;
Fridays: Legs and calves;
Saturdays: Cardio.

Joe Rich has a lot to be proud of. He is a health guru and personal trainer who is intelligent, muscular, family-focused and sincerely cares about his clientele. Most recently, his bodybuilding efforts were rewarded as he nabbed third place at the 2011 INBF Northern States Super Natural Bodybuilding & Figure championships in Buffalo, N.Y. on March 19. Up against six other powerful men, this says a lot about how determined Joe is to climb the INBF ranks and one day become a pro.

As a certified personal trainer for Nutrition Concepts, Joe feels that he must be in really good shape all year round because it shows his clients that he is serious about his health and staying in shape.

The 5-8, 163-pounder works out at Worlds Gym in Buffalo, near his hometown of West Seneca, N.Y. His training schedule is simple. He spends three days in the weight room, followed by a cardio day and two more days hitting the weights. He finishes his week off with cardio, as well.



Nutritionally, the proud to be drug-free bodybuilder sticks to clean foods. "I don't like the idea of just hitting macronutrient totals," he says. "There is no way I will put something like Pop Tarts in the mix if it will work into my totals. That, to me, is like putting sand in your car's gas tank. It will just not run right." He supplements with creatine, BCAAs, ZMA and a multivitamin, although he doesn't like to get caught up in the supplement mix. "I feel that nutrition is 80 percent of a person's success in the sport," Joe says. "I preach this to my clients. You are what you eat."

The 28-year-old idolizes natural WNBF pros like Brian Whitacre and Kurt Weidner. "I love the passion that they have about this sport," he says. However, he also has to include his father as his number one influence. "He always had huge arms, and when I was growing up, he would lift weights in the basement," he reminisces. "When I saw [my father] making gains, I started to lift weights and the rest is history."

Joe started training in 2000 because he was tired of being out of shape. He considered himself really skinny and would often run for miles a day and eat very little except yogurt. "My father actually introduced me to my first protein shake and the importance of it," Joe remembers. And so, he and his dad continued to train together and they each enjoyed watching the improvements they would make in their respective physiques.

Today, Joe is most content with his shoulders. "I feel that they are [my] best [bodypart] because in some poses they actually [enhance] my overall physique," he notes. "Now, if I can just get my weak areas to grow that fast." To sculpt envious shoulders, Joe uses high reps and proper form. "A lot of guys tend to go heavy, [but] I make sure that my reps are higher and my form is spot on."



When Joe is not in the weight room, he loves collecting the '80s toys that he grew up with. He-Man continues to have a special influence on this budding bodybuilding star. He-Man was the popular Mattel action figure line of toys that later evolved into the 65-episode cartoon series: "He-Man and the Masters of the Universe" (1983-1985). "I loved the cartoon as a kid . . . it represented power and muscles," Joe says. He-Man re-emerged from 1990-1991 in the cartoon dubbed "The New Adventures of He-Man." Then in 2002, "He-Man and the Masters of the Universe" re-appeared on screens for the third time. The irony is that Joe's physique tends to have a close resemblance to his beloved action figure idol.

Moving forward, this 2011 He-Man plans to enhance his weak areas and eventually get his pro card. "It has been a dream of mine for many years now." And this is one dream that everyone here at ***NB&F*** knows will one day turn into reality. "I know something like this doesn't come overnight, but if *(continued on page 140)*

BACKSTAGE PHOTOGRAPHY BY PAUL NIGRO PHOTOGRAPHY • STAGE SHOTS COURTESY OF CHERYL GORSKI

JOE'S ADVICE TO ASPIRING BODYBUILDERS: *"Don't give up. Don't ever give up! This is a journey that few people have the willpower or courage to take. Believe in yourself and you can make it happen!"*

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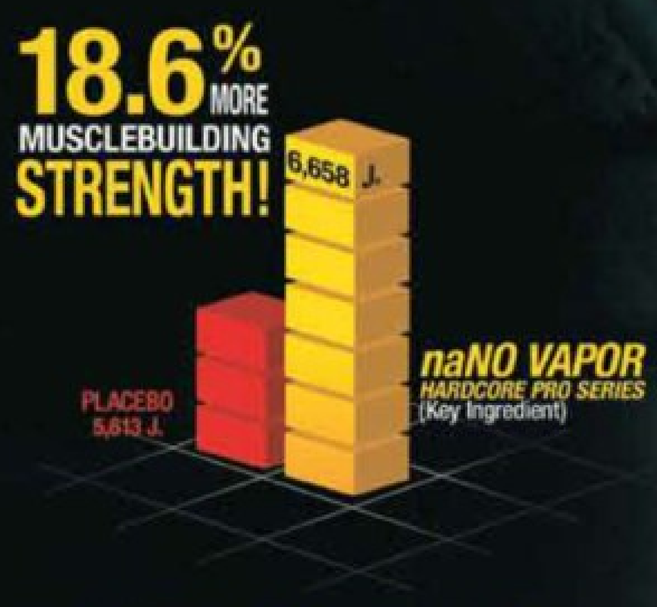
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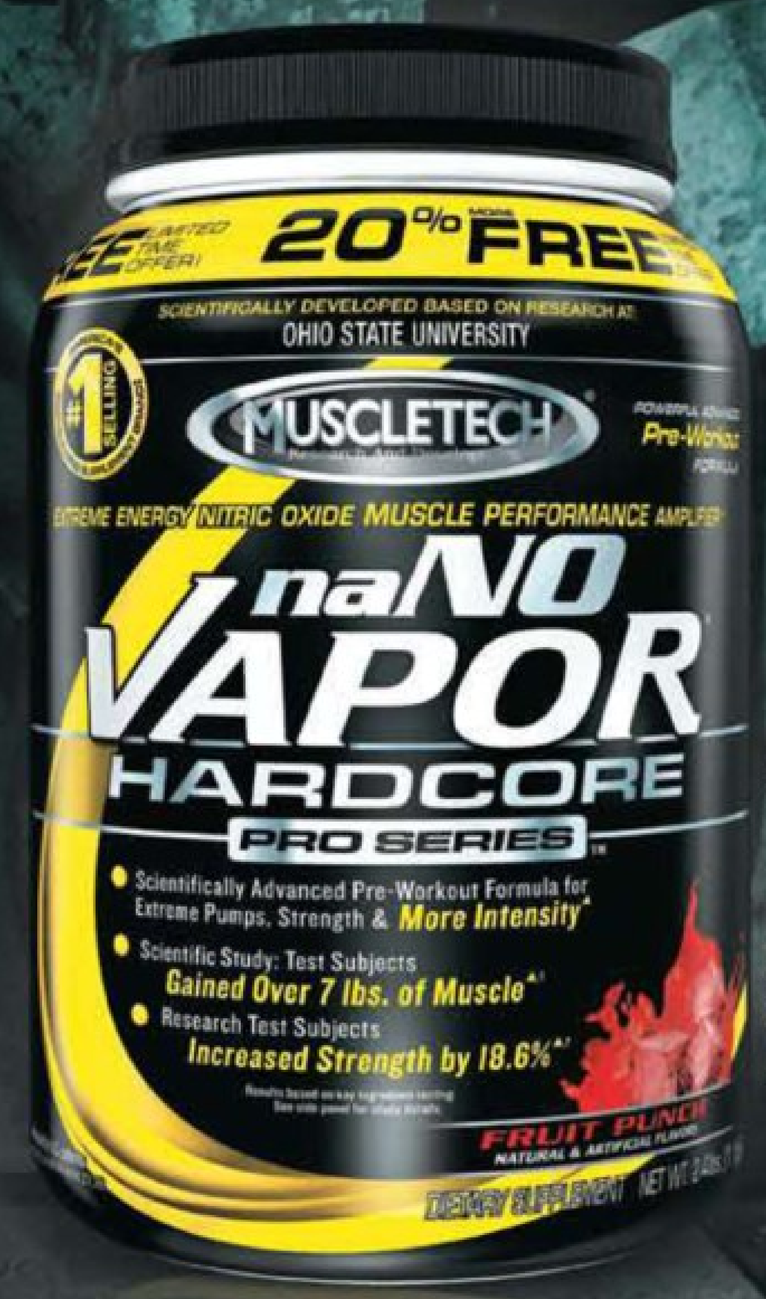
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THE POST-WORKOUT TEST

By Mathew J. Park

We learn from reflection and analyzing our activities. Evaluating each workout serves as a building block in understanding our strengths and weaknesses. You will learn what to do and what not to do. You will be able to witness progression in your exercises, technique alterations and things that can deter your focus. Champions are always evaluating their performance, just as a CEO of a company would evaluate his staff.

I am very excited about the recent release of my new eBook *Peak Training Mindset*. It's a combination of years of learning, research, trial and error in finding what worked best for me, as well as other successful world champions. Continual practice helped me carve out a crisp plan of attack, especially in creating world class workouts. I am so excited for you to take your workouts to the next level that I have included a small portion of the book in this article to help you better understand the importance of "Post-workout evaluation." So what follows are the four questions that will take your next workout to a whole new level.



WNBF Pro Rodney Helaire

1. What was positive about today's workout? When you reflect on your successes, you will find that even though you may not have had the best workout, your mind will shift to what was positive. This shifting process will then start to cultivate other small successes, such as your foot position on squats, grip for bench press and technique on curls. At the conclusion of our workouts, the first place we tend to review is either the progression of loads or addition of volume and intensity. This is an effective evaluation, but don't forget mental areas such as your focus, concentration, attachment to your sets and ability to ignore outside interference.

Most of the time, we are really hard on ourselves and think of all the negatives right after we train and say things like: "I should have had better form on presses" or "Why didn't I do one more set of squats?" These negative remarks right after a set are counterproductive. Leave these evaluations until the end. Focus on the positives in order to bring your mind into a state where you will create more satisfaction and fulfillment from each session.

2. What do I need to do to improve? Progression comes through improvement. We only become a master in our performance once we have made countless mistakes along the way. As creatures of habit, if we don't take action in determining our pitfalls, we will not improve. Some of the greatest successes in the world came from a myriad of failures. We must consistently look for ways to improve in our workouts, find the things that may seem meaningless and come back to the gym without making the same mistake twice.

Many dedicated gym enthusiasts are hard on themselves for making mistakes, but this makes it more difficult to let go and learn. Look around you right now, everything you see has improved over the years. The evolution of gym equipment, transportation, technology and many other things act the same as our mindset in the gym. If you aren't improving, you aren't growing. It's as simple as that.

3. How was my focus? Could I improve, if so, how? Your focus will stimulate your most productive workouts. It's a key element in how you will have the ability to train and avoid distractions in the gym such as: TVs, people trying to talk to you, exaggerated noises from trainees, slamming weights on the floor and so forth. Having the ability to ignore an element that may cause you to lose focus will provide inner strength. Think of when you learned a new exercise or a new technique in gym. It takes time, patience and concentrated focus. Our workouts consist of the same mentality and deep concentration.

Proper preparation before you enter the gym will enable you to get into this peak state. It is something that feels so rewarding after you've busted your butt for one hour and broke some personal records.

The deep explanation of focus is an article of its own and something I will touch on down the road but, in simplistic terms, *(continued on page 138)*

PHOTO BY GEORGE LEGEROS

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MILES STOVALL
THE AGELESS WONDER

BY PETE DOMBROSKY

MILES STOVALL wears many hats. He is a gym owner, personal trainer, bodybuilding contest promoter, artist, landscaper and a great cook. But his true passion lies somewhere between the extension and contraction of his muscles. One look at his ripped physique reiterates the fact that throwing around iron in the weight room is what he truly loves to do.

Lifting weights and competing on the bodybuilding stage is no newfound endeavor for Miles. In fact, he has been working out longer than most professional bodybuilders have been alive. His training days started 28 years ago, when Miles was only 19. Back then, this native Texan was a gymnast. He competed for the U.S. Gymnastics Federation and was a member of the Illinois State University Club team. This background instilled a solid work ethic in Miles and he eventually drew on that resolve to train when he decided to try his hand at bodybuilding. His gymnastic background is still noticeable when he is up on stage engaging in his posing routine; no one is more balanced and his dynamic movements are always a crowd-pleaser.

With such poise on stage, it is no surprise that Miles has found so much success as a WNBF competitor. During his prolific (and ongoing) career, he has achieved four overall championships, two middleweight titles (the most recent coming at the 2010 WNBF World Championships) and two heavyweight championships.

The 5-10, 200-pounder trains by instinct, keeping in mind that he feels his "body is a square piece of sculpting clay, working it at every angle to create beauty, balance and lines." He says longevity is his utmost priority to provide a healthy and functional physique as he gets older. And since he is only three years away from the big 5-0, that isn't a bad mindset to have.

Despite his age, Miles finds the energy to train hard. He works out his larger muscles at the beginning of the week and his smaller muscles near the end of the week because he is most fresh and energized at the start. He stays high in reps with the first few sets and then transitions to a lower rep range as the weights get heavier. He says that there is nothing different about the way he trains now compared to how he trained in his younger days, he just trains smarter to avoid nagging injuries. "As I'm getting older, I have to be careful with the intensity and movements that I am doing," says Miles. "I try to stay above 300 lbs. on my major lifts, although the inevitable injuries sometimes prevent me from hitting my max. I put in the work load necessary to keep up with the best in the world and that's the only thing that's getting hard for me, but I manage to get it done."

Miles also gets it done at the dinner table. He tries to maintain the same low-carb, high-protein diet all year-round (not including the holiday season) that is carried out through 5-6 meals a day with protein shakes mixed in. Some of his favorite foods include eggs, oatmeal, fresh fruit, lean chicken and turkey, and fish. He also fuels his metabolism with brown rice, sweet potatoes and occasionally white potatoes.

Miles is also a big believer in supplements. The bodybuilder takes amino acid, glutamine, NO Xplode, Flax-seed oil, salmon oil and *Beta-Hydroxy Beta-methylbutyrate* (HMB), which slows the process of muscle breakdown.

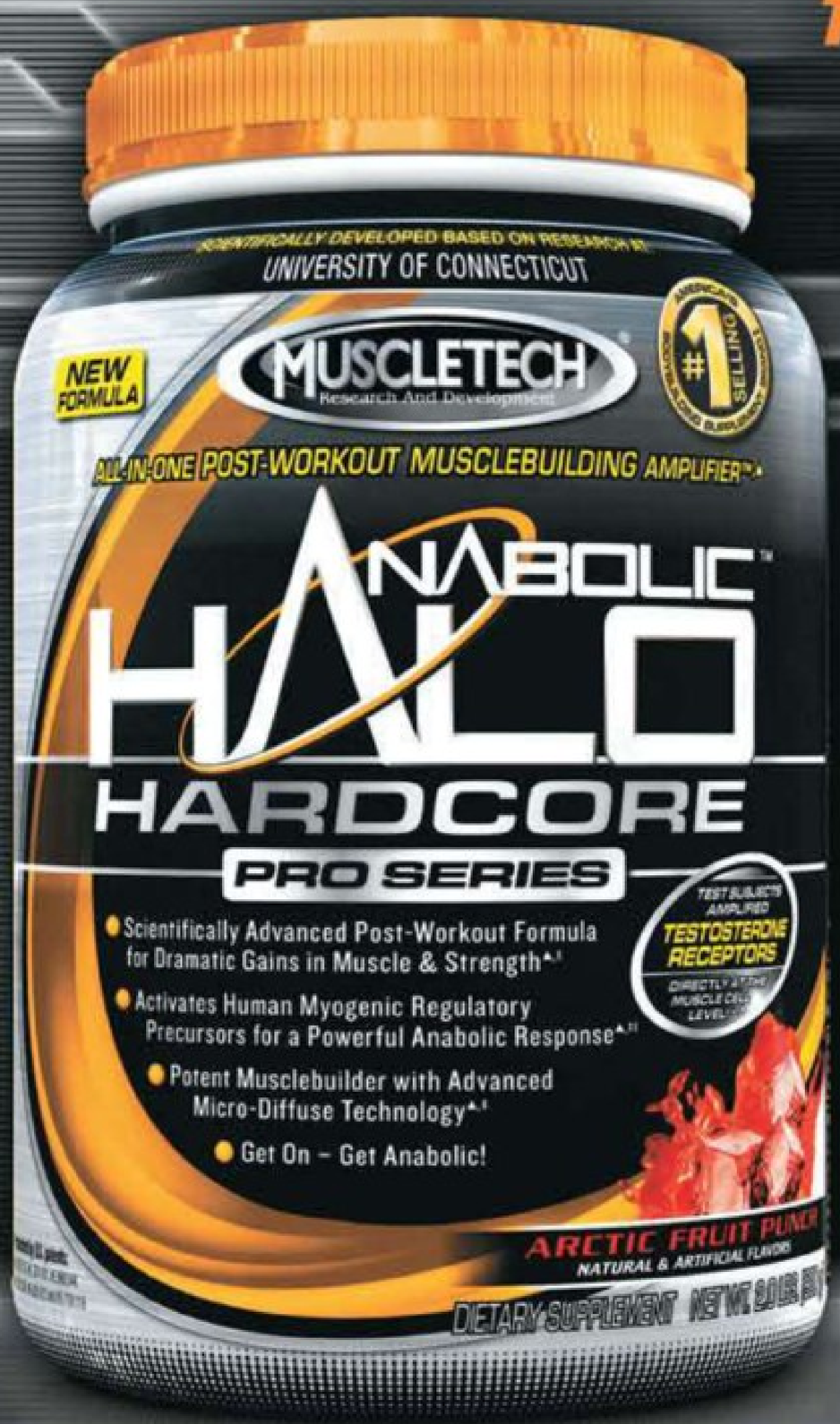
The longevity and success of this 47-year-old is even more amazing because he has achieved it all through natural and honest means. He feels that the natural/drug choice is one that every bodybuilder has to make, but to accomplish something to be truly proud of, you have to do it naturally. "If I plan on continuing to compete for a natural federation, I have to play by the rules," Miles says. "To each his own as far as what you take to make you happy, but don't cheat and lie just for a trophy. I am gifted with good genetics, but I also know what it takes to be on top – hard work."

Not only does Miles mold his own body naturally, he also helps others to do the same. He owns an exclusive and upscale personal training facility in San Antonio, Texas. His primary goal at his business is to represent himself as an outstanding fitness role model and to encourage and motivate others to improve their quality of life, as he has his own. And even though he knows the intensity and commitment necessary for a successful bodybuilding career, he cautions those who get obsessed with themselves in the sport. "When you lose friends, family or significant others because you are too wrapped up into yourself, it's time to step back and reevaluate if it's worth it," Miles says. "Never lose sight of those who have been there from the beginning. Take your time and live, love and learn." ★

Editor's Note: To learn more about Miles' bodybuilding and artistic endeavors, as well as his personal training company "Personal Training by Miles & Company," visit his website at http://www.milesstovall.com.

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THE ULTIMATE POST-WORKOUT FORMULA

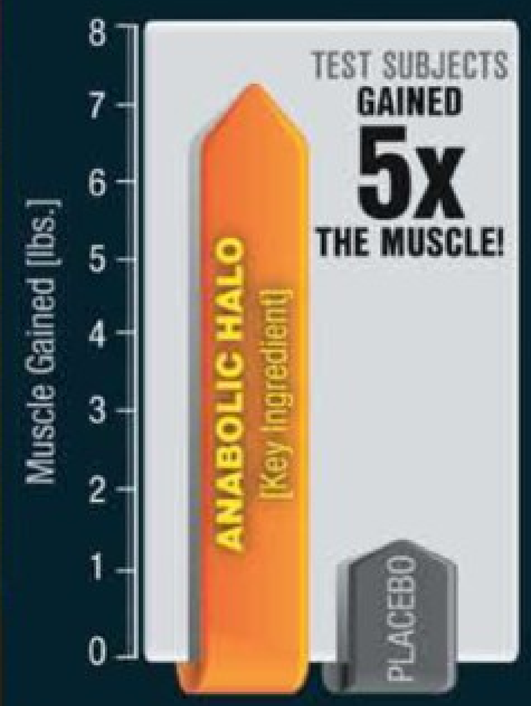
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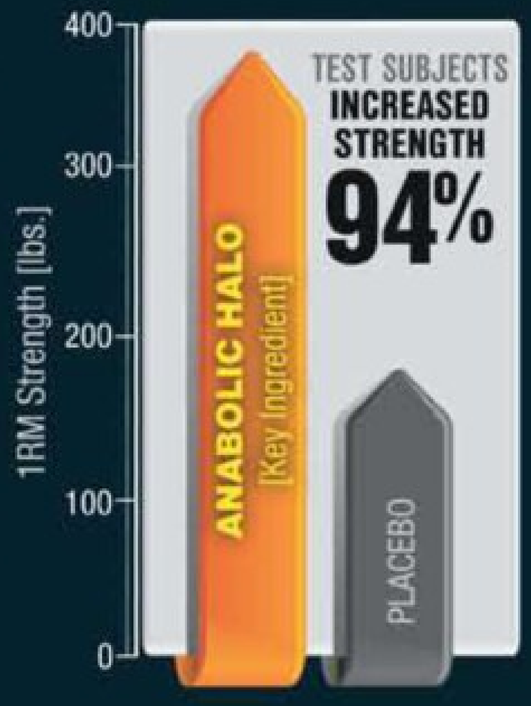
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In the same study, subjects also significantly increased their one-rep max strength by a massive 94 percent on the leg press versus subjects using a placebo (375 lbs. vs. 193 lbs.).



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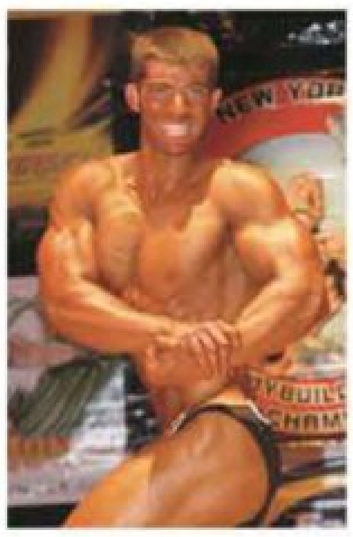
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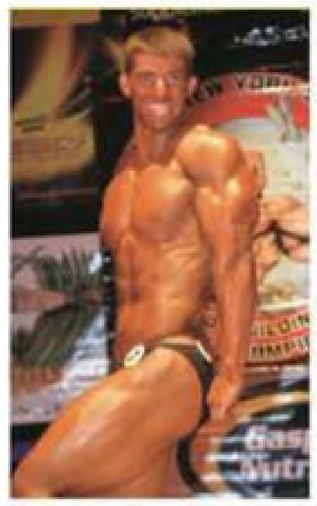
BY ALAN LEFF

NATE LAWRENCE

Located in the southeastern corner of Pennsylvania is the fertile farm land and rising suburban landscape of Lancaster. This is where Nathaniel "Nate" Lawrence lives with his parents and younger brother, Braden. It's a great distance from the suburban community of Poughkeepsie, New York. So why would a teen travel so great a distance from one locale to the other to compete in his first bodybuilding contest? Nate had been training with determination and was motivated to test himself. Having witnessed a few local contests, none of which were INBF-related, he was somewhat familiar with what he could look forward to in a competition. Knowing that he was physically ready to enter his first bodybuilding contest, he began to look for one.



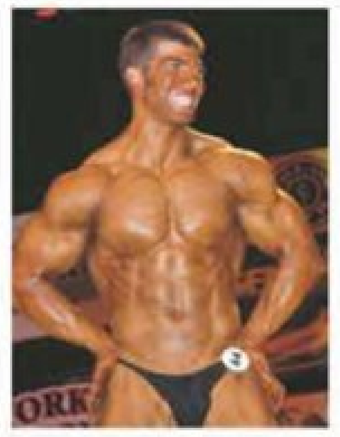
The first contest he was going to enter, from an organization close to home, folded even before it started. Timing became crucial for Nate. The next contest to come up was the 2010 INBF New York State, which was held in Poughkeepsie last October. Nate made the drive and paid all of his expenses and fees for both the Teen and the Novice divisions. As a first time competitor, one needs confidence to enter a Teen division and even more so to take their chances in a Novice competition, which would include competitors with more muscular maturity. And though genetics matter, a natural athletes needs time, training and dedication to develop a fine physique.



At 18 years of age, his handsomely proportioned, well-balanced and muscular physique easily displayed the basic framework for greater development. During the day's judging, it looked as if he had easily won the Teen first place against three others. In the Novice heavyweights, it looked as if Nate also out-classed nine of the other men to claim his first place trophy. And that is just what happened at the evening's trophy presentations. It was a remarkable achievement for a teenager and this was what motivated me to contact Nate.



At age 15, Nate got his first set of weights and trained at home. Like most trainees, there was little information available to guide him, and what was available was either contradictory and/or not meant for a natural trainee. The most prevalent books and magazines out there presented the superhero type of physiques to impress those just starting to build their bodies. As a high school freshman, Nate was on the baseball team, he switched to track and field in his sophomore year, where he ran sprints. During these years, he continued with his weight training, often sneaking into the school gym to train. His coaches had *(contined on page 137)*





NATE'S TRAINING SCHEDULE*

**Note: Nate performs two warm-up sets before training his select bodyparts.*

Sundays: Biceps, abs and calves. All exercises are done for 4 drop sets of 10 reps. (Exceptions are noted.) Supinated dumbbell curls, barbell curls, leg raises (4 x failure), cable rope crunches (4 x failure) and standing calf raises.

Mondays: Legs (quads and hamstrings). All exercises are done for 4 drop sets of 10 reps. (Exceptions are noted.) Squats (5 sets x various reps, weight is increased with each set), prone hamstring curls, seated leg curls, hack squats (4 x 6), walking lunges (2 x length of his gym area) and leg extensions.

Tuesdays: Chest and triceps. All exercises are done for 4 drop sets of various reps. (Exceptions are noted.) Incline dumbbell bench presses (4 sets with weight increased on each set), barbell flat bench presses (4 sets with weight increased with each set), incline barbell bench presses, triceps cable press downs, parallel bar dips (For the first set, he uses only his body weight and then for each of the next 3 sets, he uses added weight), dumbbell flat bench flyes and triceps cable presses again.

Wednesdays: Cardio, abs and calves.
15 minutes total on an elliptical machine (two minutes at a moderate pace alternated with one-minute sprints). He uses the same exercises that he uses on Sundays for his calves and abs.

Thursdays: Back and biceps. All exercises are done for 4 drop sets of 8 repetitions. (Exceptions are noted.) Single-arm dumbbell rows, pull ups (For the first set, he uses only his body weight and then for each of the next 3 sets, he uses added weight to failure), barbell rows (4 sets with weight increased with each set), supinated dumbbell curls, pull ups (second time), barbell deadlifts (4 sets x 10 with weight increased for each set) and lat machine pull downs.

Fridays: Delts, traps and triceps. All exercises are done for 4 drop sets of 10 repetitions. (Exceptions are noted.) Side dumbbell raises, dumbbell shrugs, shoulder presses, triceps cable press downs, barbell shrugs, reverse pec decks and cable front delt raises.

Saturdays: Cardio. Nate works for 30 minutes total on an elliptical machine (Two minutes at a moderate pace, alternated with one-minute sprints).

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THE PENKIN BROTHERS
TWO OF A KIND

BY PETE DOMBROSKY

Brothers John and Michael Penkin have plenty of similarities. They are both WNBF pros who are dedicated to their sport and put forth extraordinary effort in the gym. Both have Bachelor of Science degrees. (John's degree is in Criminal Justice and Michael's is in Electrical Engineering.) The two shared the same love of sports growing up, playing football and wrestling in high school. The brothers also share the same bodybuilding idols, their uncle Paul Iatomasi and his sons Paul Jr. and Dan Iatomasi – which introduced John and Michael to the sport. Each of the brothers also credits much of their success to their parents, who taught them "the value of hard work, ethics and doing what you love." But when it comes to their training and at which point in their lives they became actively involved in bodybuilding, that's where the similarities start to turn into differences.



WNBF Pro Michael Penkin

John (now 27) started lifting weights his freshman year of college. He took an exercise class that would result in an easy credit, but became hooked after hitting the weights three times a week and developing gains in size and strength. He competed on stage for the first time in 2008 and never looked back – bodybuilding had become a major part of his life.

Michael (a 25-year-old) began training the summer before his freshman year of high school. He was preparing to play junior varsity football and felt that he needed to be as big and strong as possible to make up for the fact that he wasn't as big as most other players. Football instilled a fire in Michael, driving him to work diligently in the weight room so that his physical improvement was constant. Once he rose to the varsity ranks, a college football career became a possibility and his training ramped up once more to compensate for the increased speed and size he would see at the college level. Michael was able to elevate his game and played out his entire college career, which ended in 2008.

From there, weightlifting turned from an intense necessity to casual "maintenance" sessions. Luckily, his brother John was there to lean on. "It wasn't until my brother started competing in 2008 that I really had a desire to compete," Michael says. "It was with his influence that I decided to take the plunge."

Although neither of the brothers has won a professional contest, each has found success since they started competing. John has captured four top-six placings, including the open middleweight championship in the 2008 INBF Northern States Supernatural and the open middleweight and overall title in the same competition a year later.

Michael's record is very similar to John's. He was the men's open heavyweight class winner at the 2010 INBF Northern States Supernatural, the 2010 INBF Natural USA and the 2010 INBF Worlds competition. Though they have found similar end results, each of their training paths is different.

Michael, the 5-10, 215-pounder, prefers to use large compound power movements in the weight room. "It was the foundation that I learned to train and allowed me to pack a lot of mass on my body," Michael says. "Now, along with power lifts, I incorporate more muscle specific movements in order to focus on those particular body parts." He trains each body part once per week with the following schedule: Sundays are for his chest, Mondays are for his quads, Tuesday he trains his triceps, Wednesdays he works his back, Thursdays are for his hamstrings and calves, Fridays he works his shoulders and Saturdays are for his biceps training.

Conversely, John likes to use alternating power lifts with hypertrophy lifts. He will usually hit each muscle group twice every eight days. The 5-9 173-pounder likes to use drop sets, supersets and pyramid sets, but has no specific days of the week for particular workouts. Day one is for his chest, delts and triceps. Day two is for his quads, hamstrings and calves. On day three, he works his biceps and back. Day four is a rest day, so he comes back strong on day five, targeting his delts, triceps, and chest. Day six is for his hamstrings, calves and quads. Day seven is for his back, traps, biceps and forearms, which is followed by an off day before he starts the process again.



WNBF Pro John Penkin

The siblings also differ when it comes to their meal frequency and quantity. Michael eats seven meals a day during the inseason, ranging from 330-515 calories per meal. Some of his favorite foods are chicken, fish, eggs, oats, brown rice, yams, green veggies and fruit. John typically eats 5-6 moderate sized meals a day. He eats similar foods as his brother, however, sticking to chicken, fish, egg whites, lean beef, yams, brown rice, green veggies and fruit.

Although they may have different styles in the gym and different meal plans, both of the brothers have the same philosophy when it comes to performance enhancing drugs, they don't touch them. "I feel that many times, young athletes start using performance enhancing drugs because *(continued on page 140)*

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GLUTAMINE REVISITED

By Rich Fitter

As the natural bodybuilding movement grows, more and more research is being applied to all aspects of our sport. Training, nutrition and supplementation have all been put under the microscope over the past several years and natural athletes are becoming leaner and more muscular than ever. How we interpret and apply research is still the cause of many an argument among bodybuilding scientists. One topic that has been debated over the past few years is the necessity of supplemental glutamine.

Going back about 15 years, the conditionally essential amino acid *glutamine* was a supplement rock star. Its muscle-building benefits were purported to increase muscle size, improve recovery and enhance the production of growth hormone. Pretty much the same stuff athletes always hear about new bodybuilding supplements and are often left feeling disappointed with less-than-stellar results.

Over the past few years, glutamine has gone from rock star to has-been, as newer research has discredited some of it's bodybuilding benefits and validated a new crop of more prominent amino acids, such as *leucine* and *arginine*. But, does glutamine still have a valuable role in a drug-free athlete's supplement arsenal? I say yes, and my answer relates back to my earlier statement about interpreting and applying scientific research.

Glutamine is considered conditionally essential, as your body cannot synthesize enough of it on its own during times of extreme stress, infection or trauma. Early studies on benefits of glutamine were performed in hospitals on ulcer and surgery patients. Patients that were orally administered glutamine showed a significantly higher recovery rate post-surgery. How does this apply to bodybuilders and Figure athletes?



WNBF Pro Hayzer Cayli

PHOTO BY GEORGE LEGEROS

A 2003 study by Castell, showed that plasma glutamine levels are depressed after intense, long duration aerobic endurance exercise. This type of training suppresses the immune system and is even more prevalent among overtrained athletes. Research in 2000 by Bassit, showed that supplemental glutamine reduced the incidence of illness and infection after intense competition.

Now, don't think for a minute that I am suggesting that a bodybuilder trains like a marathoner, but I am going to draw a parallel in certain situations. Depending on your work situation, your training load and caloric deficit, you may find yourself in a similar, exhaustive, overtrained state the further you get into your contest preparation. Looking past the previously speculated cell-volumizing and growth hormone releasing benefits, a bodybuilder may benefit from bolstering his or her immune system with supplemental glutamine to avoid illness during intense pre-competition training. Nothing can upset an athlete like getting sick right before a contest and if you can help prevent it with 10-20 grams of glutamine per day, it is worth the modest investment.

Consider your situation – your training volume, the number of hours and type of work you do and the amount of rest you are getting each night – and decide if the true benefits of glutamine fit your needs. ★

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Testosterone is the ultimate muscle building hormone. You can work out until you drop, but your muscles won't grow without sufficient levels of this anabolic hormone. So the more circulating "Test" you have, the greater the anabolic environment for increasing muscular size and strength. Taking steroids can powerfully boost testosterone levels, but some athletes choose not to go that route, and some people want to avoid the potentially harmful side effects of exogenous hormone use. But what if you could activate the endogenous mechanisms in your body that increase testosterone production naturally?

That is where Core TEST comes in. Core TEST is an all–natural, innovative product and its ingredients are backed by numerous clinical studies demonstrating significant increases in testosterone levels. Core TEST combines potent testosterone boosting agents with a powerful, all–natural DSHEA compliant anti–aromatase, which also supports elevated testosterone levels while reducing estrogen and cortisol. In addition, as with all Core Nutritionals' products, Core TEST's ingredients are properly dosed and included in a non–proprietary blend formulation so you know exactly what you are supplementing.

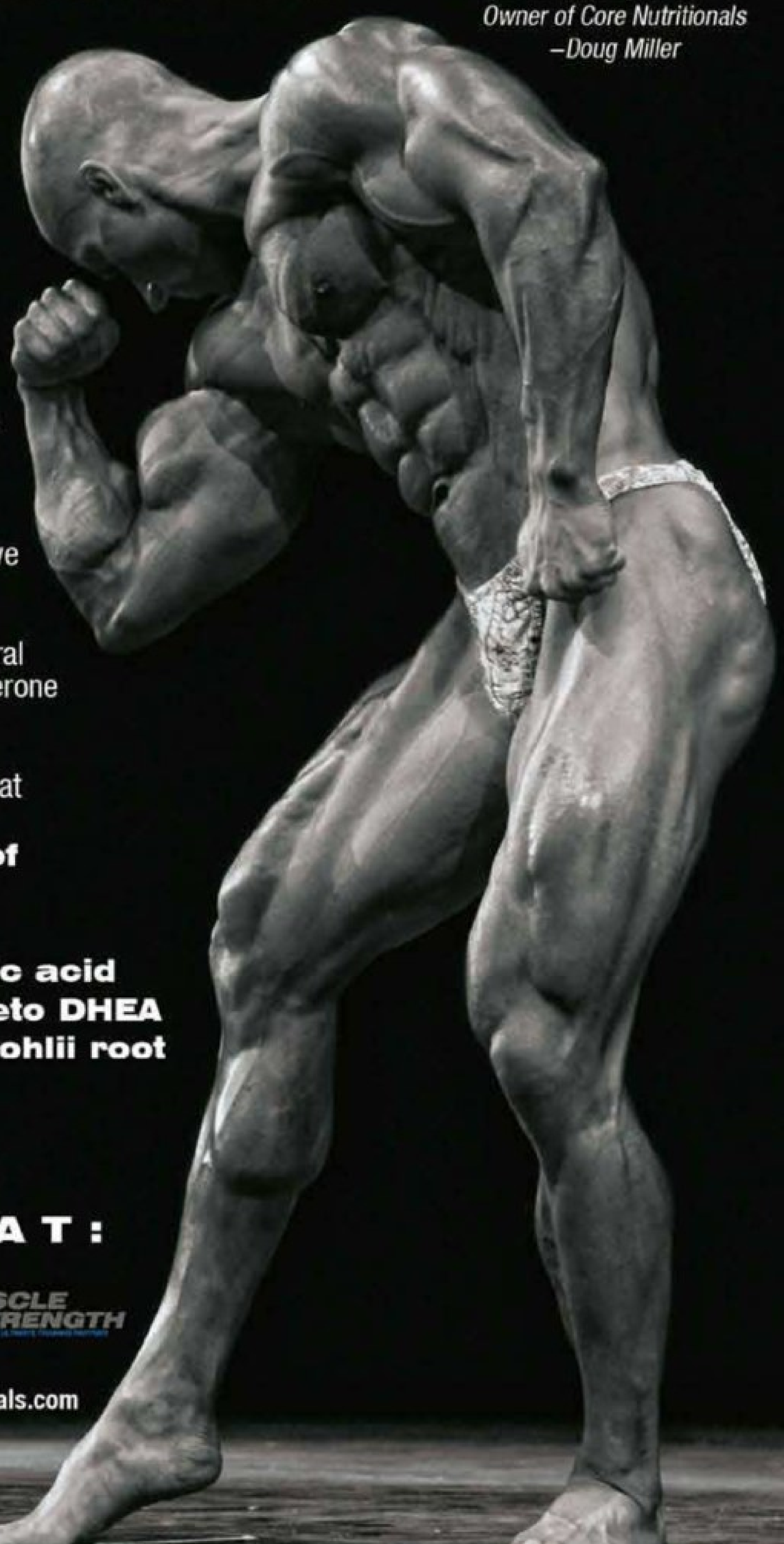


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MUSCLE



BUILDING MUSCLE WITH STOPPING POWER IS NOT ONLY FOR GUYS WITH AMAZING GENETICS. There is a very particular science to unlocking the door to muscle gains. All you have to do is find the key… If you've been slowly building even a little bit of muscle over the past few months, you may think you've already found your key. But BIG things don't always come to those who wait. Despite everything else you may be doing to pack on muscle, if you're not taking a protein supplement that's fast-absorbing, ultra-pure, and most importantly packing noticeable muscle onto your frame, you're not doing all you can to maximize your gains. So STOP. Take a breath. It's time to find out how to really amp up your gains.

THE TRANSFORMATION OF A LIFETIME!



Elijah Levercome went from average to jacked in 16 weeks when he totally transformed his body thanks to the core ingredients in *Nitro-Tech® Hardcore Pro Series®!* According to Elijah, "My chest and arms look better than I've ever seen them!"

In a six-week study, subjects taking the core ingredients in *Nitro-Tech® Hardcore Pro Series®* gained, on average, 8.8 lbs. of muscle. Elijah Levercome also used other MuscleTech® supplements and has been remunerated.

BUILDING MUSCLE IS A SCIENCE, BUT IT'S NOT ROCKET SCIENCE!

When chasing down the scientific equation for building muscle, there are a few tried and true variables you should attempt to control. For one, you have to get enough protein at the right times of day: in the morning, before workouts, after workouts, midday, before bed. This adds up to a lot of protein, which means you'll likely need to take protein supplements out of convenience and for the taste… because getting that much protein from whole foods can definitely be tough!

DID YOU KNOW?

Biological Value (BV) is an age-old gauge for measuring the rate at which a protein source can be absorbed, and also how effectively it can be utilized by the body. Whey protein has the highest BV ranking of all protein sources!

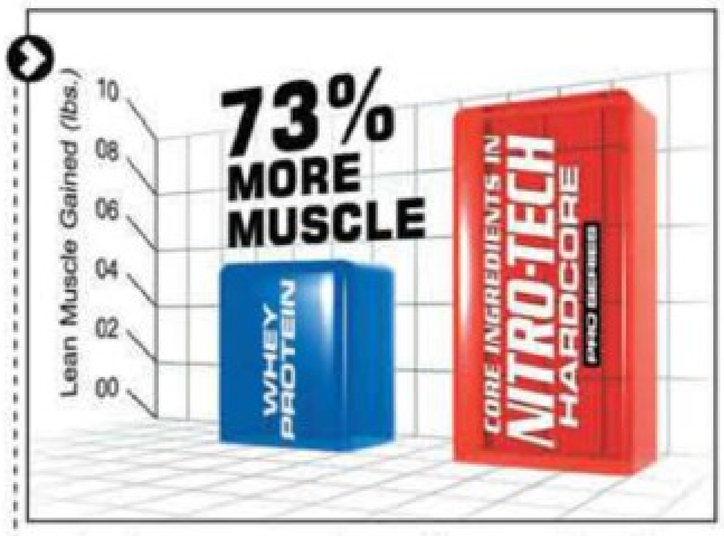
You also have to make sure you're consuming high-quality protein post-workout, and you better be sure it absorbs as quickly as you need it to. Scientifically speaking, the best kind of protein for after your workouts is whey protein – that's because it has the highest Biological Value when compared to all other protein sources, such as egg protein, beef protein, casein protein, goat protein, and so on (Note: BV is a measure of the rate at which your body can absorb and utilize the protein source you consume).

So yes, whey protein is great. But as great as whey protein is, don't settle for just any whey protein supplement – only take one with core ingredients that are backed by documented science to build muscle and increase strength.

NITRO-TECH HARDCORE PRO SERIES: THE KEY TO UNLOCKING YOUR GAINS

There are few that truly understand the science of building muscle and the researchers at Team MuscleTech® are certainly among that few. This is why *Nitro-Tech® Hardcore Pro Series®* is the go-to protein formula for countless elite athletes. Is it a whey protein formula? YES. Does it go through a filtration process that is used in only truly premium supplements? YES. Is it backed by science? Most definitely YES! Here are the scientific facts…

In a six-week, double-blind study involving 36 test subjects with at least three years of weight-training experience, subjects using the core ingredients in *Nitro-Tech Hardcore Pro Series* packed on 73% more lean muscle than subjects using whey protein alone (8.8 vs. 5.1 lbs.).



In the same study, subjects using the core ingredients in *Nitro-Tech® Hardcore Pro Series®* increased their bench press by more than double the results achieved by subjects using whey protein alone (34 vs. 14 lbs.).

MASTER THE SCIENCE OF MUSCLEBUILDING

Once you figure out the keys that will help you unlock your gains,

Capture this QR code with your smartphone to find out…

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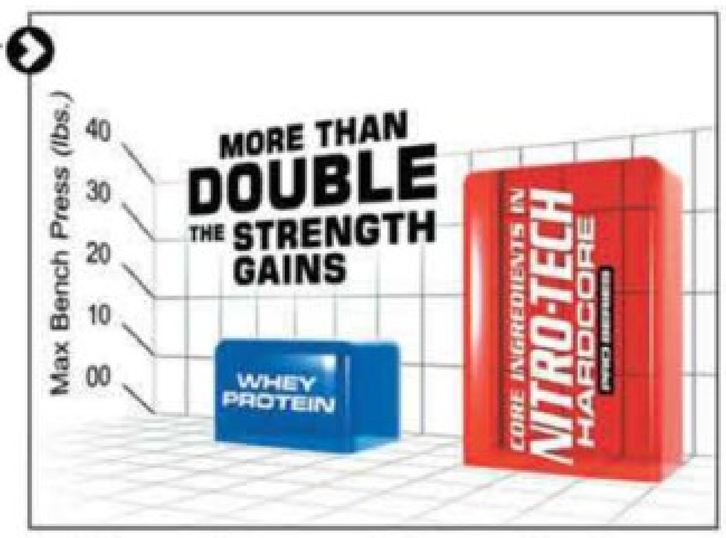
Find out about Biological Value (BV) and how your protein supplement is ranked! Biological Value should help you determine which protein source you consume, and when. Don't spin your wheels with your nutrition, check out this NEW Info Graph for BV info!

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you'll reap the rewards in muscle. As you can see from the documented university research above, *Nitro-Tech® Hardcore Pro Series®* is one of the key elements for achieving a jaw-dropping physique. In addition to research showing that its key ingredients build serious muscle, the protein in *Nitro-Tech® Hardcore Pro Series®* is ultra-pure. In fact, Tri-Phase Filtration Technology is utilized to reduce fat, lactose and impurities from the protein in the *Nitro-Tech Hardcore Pro Series* formula. This is an advanced triple filtration process only found in the industry's truly premium supplements! Plus, this protein component delivers 11g of leucine and 13g of additional branched chain amino acids (BCAAs) with each daily dose. BCAAs are crucial for muscle repair, maintenance and growth because they're the building blocks of muscle, so it's no coincidence *Nitro-Tech Hardcore Pro Series* is full of them.

DID YOU KNOW?

In a university study, subjects using the core ingredients in *Nitro-Tech Hardcore Pro Series* put on significantly more muscle than those who took whey protein alone!

Based on the evidence presented, your protein formula of choice for visible gains in muscle is clear. There is a science to building muscle and a key element of that science is *Nitro-Tech® Hardcore Pro Series®* – the scientifically advanced musclebuilding whey protein formula!



- **Core ingredients are shown through university research to build more muscle than whey protein (8.8 vs. 5.1 lbs.)!**
- **The protein in each daily dose delivers 11g of leucine and 13g of additional BCAAs!**
- **FACT: Every *Nitro-Tech® Hardcore Pro Series®* shake tastes absolutely amazing!**

AVAILABLE NOW! Get *Nitro-Tech® Hardcore Pro Series™* at GNC, GNC Rite-Aid, Vitamin Shoppe and Bodybuilding.com. Read the label before use. The owner of the Nitro-Tech trademark is NITRO US TRADEMARK LTD. © 2011.

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By Berend Breitenstein

THE EARLY BIRD CATCHES THE WORM

Is there a best time for working out? This question can be clearly answered with a resounding yes! Nothing equals a workout early in the morning! There are morning people (larks) who experience their highest physical and mental ability in the early morning and night people (owls) who feel most powerful in the late evening. Which group do you fall into? To do this, you can experiment by working out during different times of the day. If you discover that you feel best when you workout early in the morning, before breakfast, and that you are capable to lift with high intensity, then early morning training is perfect for you!

I love to start my day with a workout. As a result, I made it a steady habit to get up at 5 a.m., work out from 6-7:15 a.m., shower and ingest a nutritious breakfast. Then I am physically and mentally at my best and ready for the upcoming requirements of the new day. My body always feels great after working out and my mind is clear and that makes thinking about the pending daily topics, as well as making decisions, a lot easier. Luckily, a lot of gyms across the country open their doors very early in the morning so that the morning people have the chance to work out in best accordance with their individual biorhythm.

There are numerous physiological advantages of hitting the weights or doing cardio at sunrise. For the bodybuilder, it is important to know that fat metabolism is optimized while training sober on early morning. If you follow a low carb diet, the glycogen stores of your body are depleted when you wake up because your body uses carbs overnight to keep your vital functions (i.e., breathing, metabolic and brain function) active. As a consequence, your body has no other chance than quickly switching over to burning body fat for its energy demands during exercise. You can even enhance the fat-burning effect of morning workouts by consuming 1-3 cups of black coffee about 30-60 minutes before you start training. The caffeine that comes together within coffee increases lipolysis, increasing the release of *trigylcerides* (stored bodyfat) to free fatty acids into the bloodstream for delivering energy to your body.

In addition to the stimulating effects for the central nervous system and the elevating of mood after caffeine consumption, research has shown that caffeine is helpful in increasing contractility of skeletal muscles. Without a doubt, these makes some pro-arguments for the hard training bodybuilder to drink coffee before working out for optimum physical and mental performance during training sessions. In addition, the hypophysis gets stimulated to secrete higher amounts of *somatotropic hormone* (STH) when you train on a low blood sugar level, such as exercising sober in early morning. This is another very important aspect for the drug-free bodybuilder who stays away from drugs and is interested in optimizing body hormones naturally. For optimizing metabolism and to assure that you are capable to work out with maximum intensity, it is suggested that you drink between 1-1.5 liters of (cold) water during your early morning training session.

After hitting the weights, your muscles demand the right nutrients for replenishing glycogen stores within the body, as well as building lean muscle tissue. Ingesting a handful of amino acids tablets, together with 8-10 fl. oz. of water, supplies an easy-to-digest portion of the required protein, once you finished your workout. After ingesting the amino acids, enjoy a hot shower, finally ending the shower with 15-20 seconds where you switch over to cold water. Wow! Now you will feel like you are able to move mountains. After showering, it is very important to eat a nourishing breakfast within one hour after you finished your workout. That means a breakfast that speeds up recuperation and helps in the process of muscle building. Try out the following recipe, which is one of the best and tastiest breakfasts there is after an early morning workout:

OATMEAL CAKES WITH DRIED RAISINS

Mix 1 cup of oatmeal together with 4-5 egg whites and 1-2 egg yolks in a bowl. Add a quarter-cup of sunflower seeds or flaxseed and a half-cup of raisins and stir.

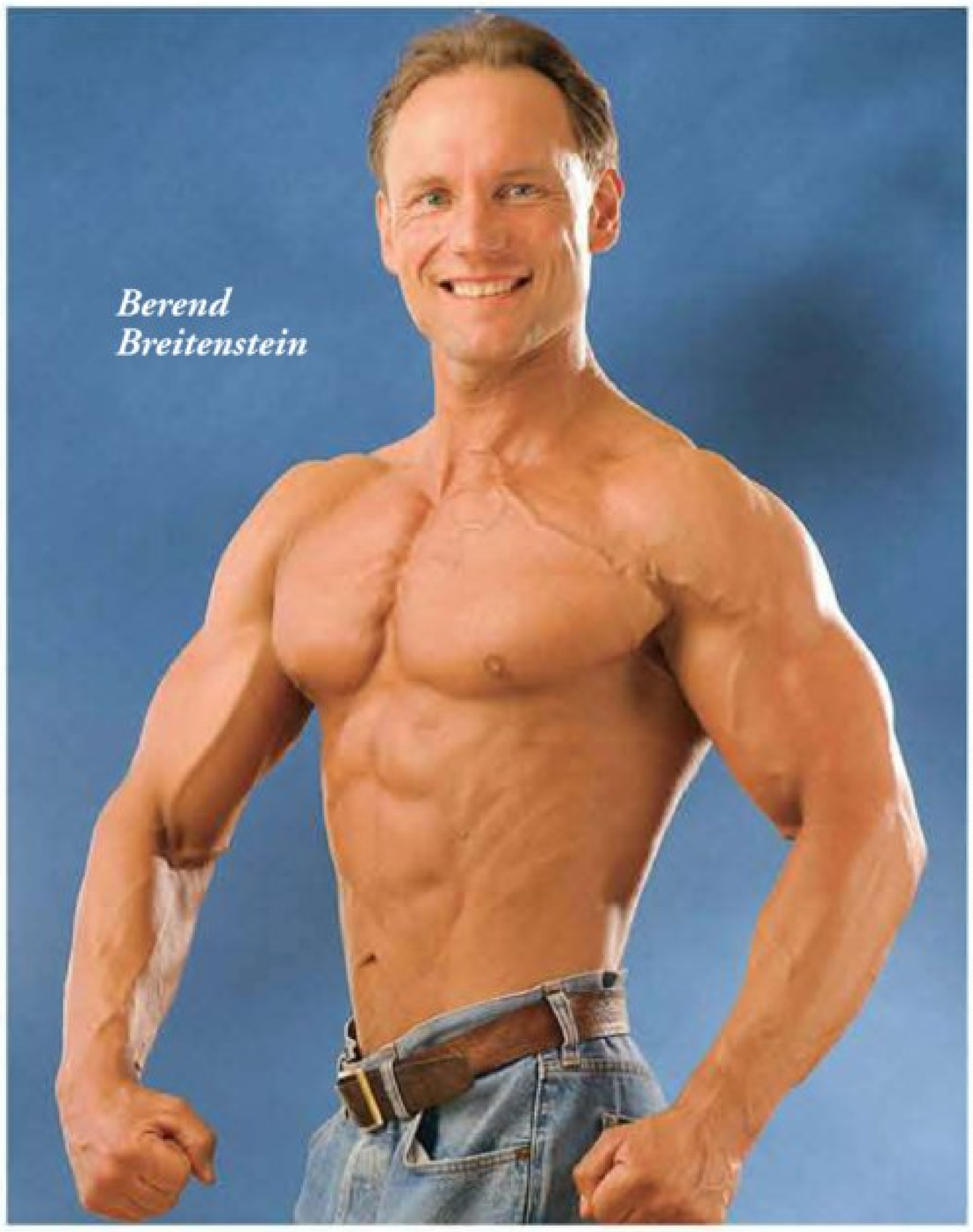


PHOTO COURTESY OF BEREND BREITENSTEIN

Portion dough as desired and put it in hot pan or waffle iron (use some Pam Spray to keep the dough from sticking). Pan fry each cake for 3-5 minutes on each side. Serve with fresh fruit (i.e. apples, pineapples, bananas, etc.). As an alternative to raisins, other dried fruits can be added (i.e., prunes, dates, cranberries, etc.). If desired, add one teaspoon of jam or honey on each oatmeal cake. Oatmeal cakes can be prepared in the evenings and stored in the refrigerator until the next morning, if this fits better into your daily schedule.

This powerful breakfast supplies the body with fast and slow absorbable carbohydrates, fiber, an excellent mixture of animal and vegetable protein of high usability for muscle building, a good portion of healthy unsaturated fatty acids and plenty of vitamins and minerals. Take a multivitamin/mineral supplement after breakfast and you have perfectly nourished your body for a great beginning to your day.

In case you haven't done it before, you should definitely try working out in the early morning. If you are a lark who is highly active in the very early morning hours, you will surely be very excited of the positive effects to the body and mind that will result out of practicing outdoor cardio while enjoying the sunrise in your eyes and on your skin and the fresh air that fills your lungs or lifting the weights with high intensity in a not-so-crowed gym. A famous bodybuilder once said, "Before having breakfast, you have to earn it." Enough said! Stay strong. ★

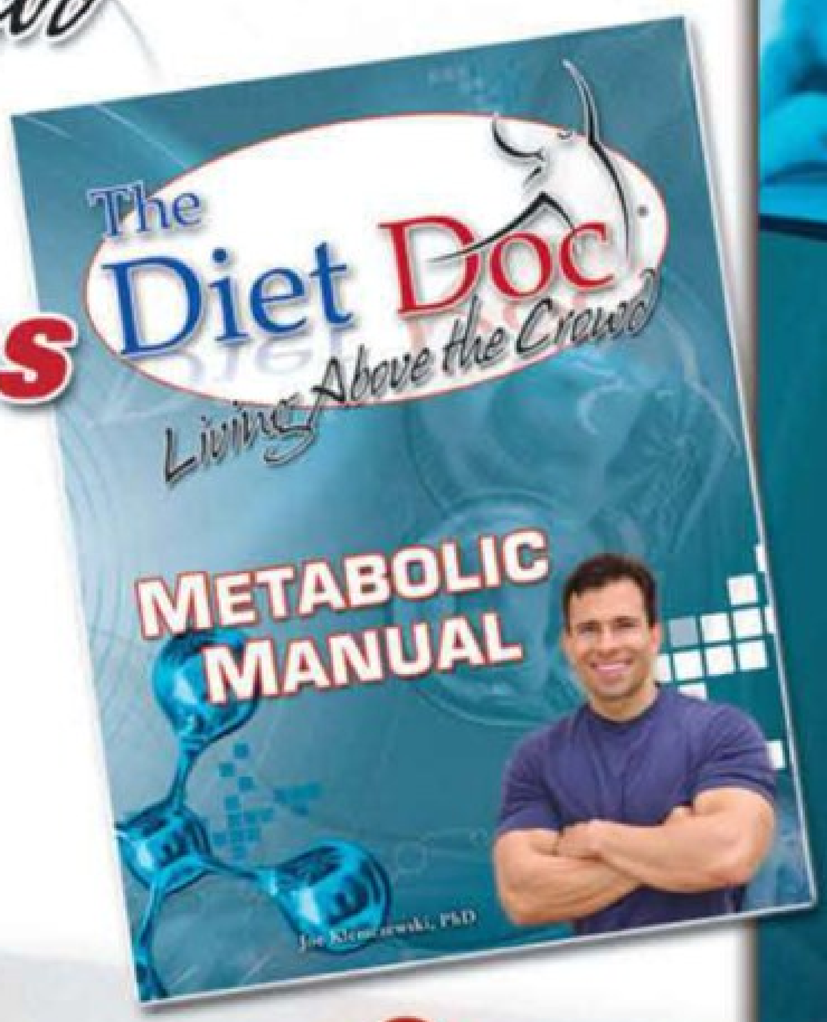
Editor's Note: Berend Breitenstein is a WNBF Pro Masters Bodybuilder, Chairman of WNBF Europe and Founder and President of GNBF (German Natural Bodybuilding Federation). He has written 17 books in the German language about drug-free bodybuilding. Berend's first English language book *Bodybuilding. Successful. Natural. Healthy.* is available on http://www.amazon.com. For further information, visit http://www.berend-breitenstein.net or http://www.gnbf.de.

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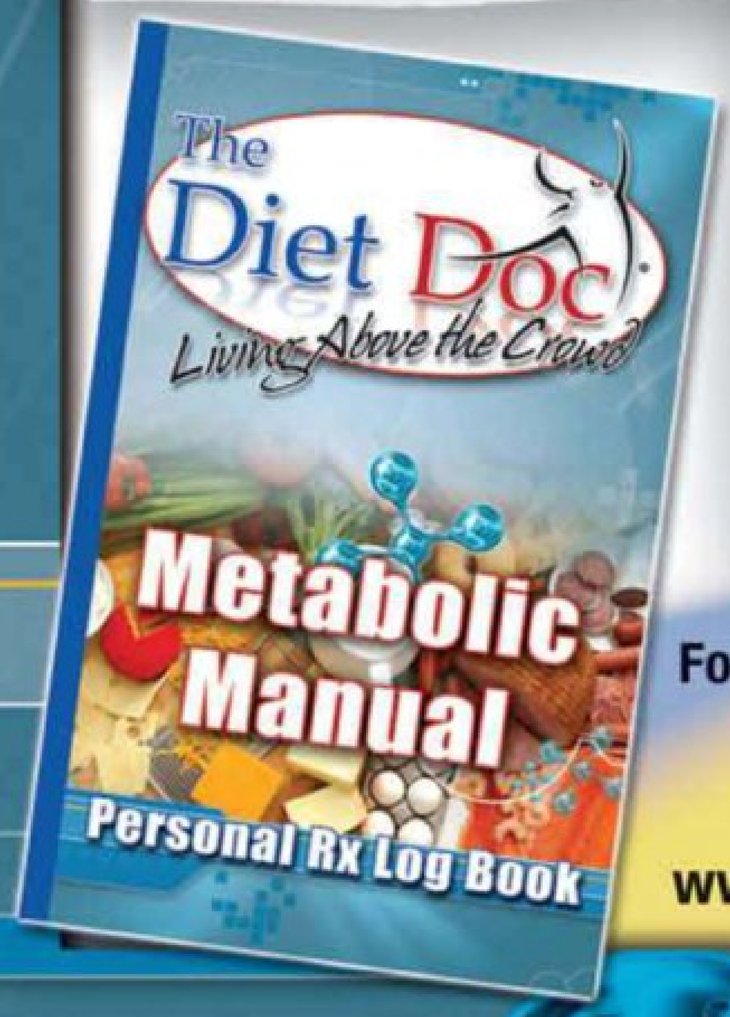
~ Liberty Gray, Michigan

"As a licensee of The Diet Doc I have to say it has been the best investment we have made by far. Just knowing we have the support of the whole Diet Doc team enables us to work with any client with confidence."

~ Anthony Monetti, Karen Walsh, New Jersey/New York

"I started out as a client of Dr. Joe's and when I discovered he was expanding the Diet Doc brand as a licensing opportunity, I couldn't pass it up. What Dr. Joe has done for me as a client I am now able to do for my own Diet Doc clients. Being part of the Diet Doc team has allowed me to provide the very best in nutrition education to my clients allowing them to take their weight-loss results to levels they only imagined before. My Diet Doc clients have received customized programs, constant access to me as their teacher/mentor, and the knowledge of the science behind proper nutrition. This is the foundation of the Diet Doc philosophy. I am proud to be part of the Diet Doc team."

~ Michael Wilkie, New Hampshire



"The first time I saw Joe speak I knew I had to be a part of The Diet Doc. I have been in the fitness industry for over 25 years and at that time I had lost any sense of purpose. Members of my club came and went but I wasn't giving or receiving much energy or fulfillment. Now, using The Diet Doc program, not only is my business making gains I haven't seen in decades, but I wake up every day excited to help my clients because I have the tools to help them succeed sometimes beyond even their own wildest dreams!"

~ Steve Dodd, West Virginia

For more information, contact Dr. Joe at:

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Powerful Weight-Loss Ingredients Proven in 2 Clinical Trials

Study 1
› (12 Weeks)
Test subjects lost 20.94 lbs.

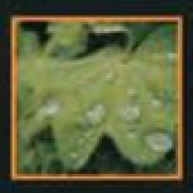
In a 12-week study, test subjects were given Arimicut™, a blend of the key weight-loss ingredients contained in Maximum Hardcore Xenadrine® RIPPED, or a placebo. Those using Arimicut lost an average of 20.94 lbs. versus those using the placebo, who lost an average of 1.70 lbs. Both groups followed a calorie-reduced diet.

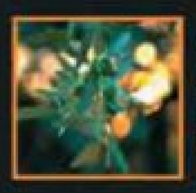
Study 2
› (8 Weeks)
Test subjects lost 16.50 lbs.

In a separate 8-week trial, funded by the makers of Maximum Hardcore Xenadrine® RIPPED, test subjects used the same key ingredients. They lost an average of 16.50 lbs. versus those using the placebo, who lost an average of 1.73 lbs! Both groups followed a calorie-reduced diet.

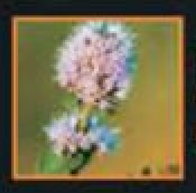


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WENDELL WEBB

SLOW START, STRONG FINISH

By Pete Dombrosky



Even though it was 25 years ago, Wendell Webb remembers 1986 very well. That was the year he first began weight training to improve his soccer skills by adding size and strength. At the time, a professional soccer career was in his sights. It had always been a dream of his growing up in Port of Spain, Trinidad. After he moved to Boston at age 14, Wendell continued to develop his soccer skills and a few years later, he became the top scorer at Jeremiah Burke High School. But the weight training he intended to pay off on the soccer pitch ended up steering his life in a different direction. "I found it very easy to put on muscle mass while maintaining definition," Wendell says. "People in the gym noticed my rapid improvements and after three years of training, they encouraged me to explore the sport of bodybuilding."

Despite his plans to pursue a soccer career, Wendell decided to try his hand at bodybuilding. He had never considered this option growing up, but Wendell was certainly no stranger to a wide variety of sports. Aside from soccer, he was a skilled cricket and ping pong player and still enjoys cycling and playing tennis in his spare time. He realized that he could be successful in bodybuilding, so it was worth a shot.



Wendell was instantly successful in the weight room, but it didn't translate immediately to the contest stage. He finished 18th out of 18 competitors at his first show. This might have fazed most first-time bodybuilding participants, but a lone fan gave him a strange bit of encouragement that helped him to continue training and competing. "While exiting the stage, a very excited fan told me she really loved the music I had chosen for my routine, but never mentioned my physique," Wendell says. "Despite my placing, it was such a rewarding experience that I continued in my pursuit of bodybuilding greatness."

That pursuit required him to learn as much as possible, not just throwing iron around the gym. So, Wendell became a steadfast student of bodybuilding. He read magazines and talked to other competitors. He tried to gather as much information as he could so that his knowledge would lead to tangible improvements on the stage. That facet of bodybuilding is his first recommendation to anyone that is new to the sport. "Do as much research as possible before stepping on stage, there is so much more information readily available now than when I first started," Wendell says. "They should experiment with different diets and workouts to see what best suits them."

Eventually, Wendell found what best suited him. It was a five-day-per-week gym regimen (see side bar) that hits every body part once a week and never includes resistance training more than two days in a row. His routine is constantly changing to keep things fresh and intense, but currently, he carries out a warm up with lighter weights before working in four sets with heavier weights. "I don't consider myself a power lifter, but I try to lift as heavy as I can and always use strict form, making safety a priority," says the 5-7, 157-pounder. "In all my years of training, I have never had a serious injury or had to

(continued on page 139)

Day 1 (Quadriceps, Glutes & Calves)
Leg Extensions
Squats
Leg Presses
Walking Lunges
Seated Calf Raises
Standing Calf Raises

Day 2 (Back & Biceps)
Lat Pulldowns
Seated Rows
Bent-Over Rows
Dumbbell Curls
Preacher Curls

Day 3 (Chest & Triceps)
Incline Bench Press
Flat Bench Press
Machine Flyes
Triceps Pushdowns
Lying Triceps Kickbacks
Triceps Machine Pressdowns

Day 4 (Hamstrings & Calves)
Seated Leg Curls
Heavy Deadlifts
Lying Leg Curls
Seated Calf Raises
Standing Calf Raises

Day 5 (Shoulders)
Shoulder Presses
Side Raises
Barbell Shrugs
Dumbbell Shrugs

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The last decade has been one of the most progressive in the history of bodybuilding. New divisions such as figure, best body, and bikini have expanded physique sport to include more competitors. At the same time, supplementation, drug-free mass, and contest conditioning have gone off the chart. During that time, Joe Klemczewski has not-so-quietly amassed unparalleled success with his Team K Perfect Peaking program. Closing in on over 200 pro card wins and 50 pro titles, Dr. Joe has shown the industry that education, science, and experience does matter.

Through the years Joe has attracted a growing staff that has enhanced client progress in a tangible way. Web-cam/real-time posing programs, high-yield online training programs, sport psychology, and client-prep camps, including the famed Team K Fantasy Camp, have created indisputable results for clients!

Announcing the next generation of contest prep domination:

Perfect Peaking Program

Contest Prep Nutrition

Dr. Joe and Sean McCauley will work with you from the creation of your initial plan through the moment you raise your trophy in the air. Unsurpassed communication and assessment are critical to the management of your nutrition program.

Supplementation

Don't be a slave to marketing or even dangerous, unproven supplements. We use science and fact to help assess your needs and make suggestions. Sean, Kori, and Joe are all certified through the distinguished International Society of Sports Nutrition, founded by Jose Antonio, PhD.

Training

Sean McCauley pioneered this program for Team K and it has created off-season and pre-contest outcomes that impress even veteran pro clients. A rep-by-rep, workout-by-workout training program will be designed specifically for your goals and and it will be managed with no less precision than your nutrition.

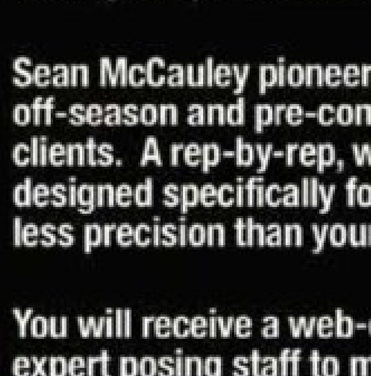
Posing

You will receive a web-cam assessment and critique from one of our expert posing staff to make sure you're practicing your posing perfectly.

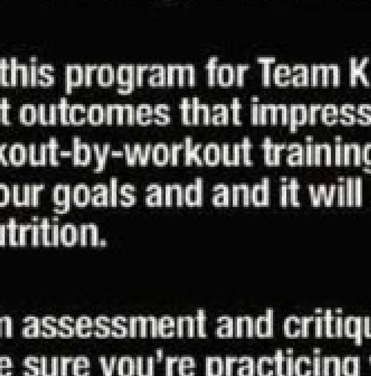
Peaking

The final week before the contest means nothing if you aren't already in the condition to win. Different divisions and even organizations dictate specific stage conditioning criteria that must be understood and perfected. Once there, the final days of peaking will make or break your success. Day-to-day monitoring and accelerated communication will ensure you are a company-wide priority during Peak Week. We will fine-tune you to perfection and you will understand why at Team Klemczewski, theory does meet reality.

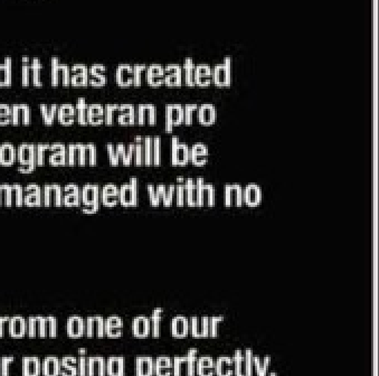
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INBF Canada's "IT" Couple

By Carmel Tempel

MYLENE LACHANCE & JAMES COYLE

FACTS AND STATS

Name: Mylene Lachance
Age: 22
Occupation: Student
Home Gym: GoodLife Fitness, Canyon Meadows
Competition History: INBF Canada – first place Figure short; second place Ms. Fit

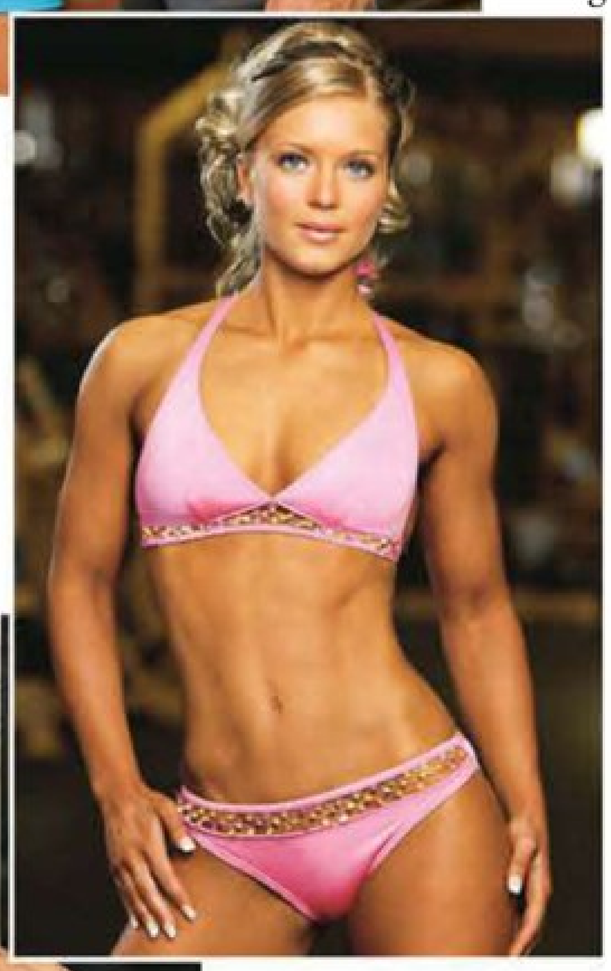
Name: James Coyle
Age: 22
Occupation: Protection Services
Home Gym: GoodLife Fitness, Canyon Meadows
Competition History: INBF Canada – second place lightweight bodybuilding

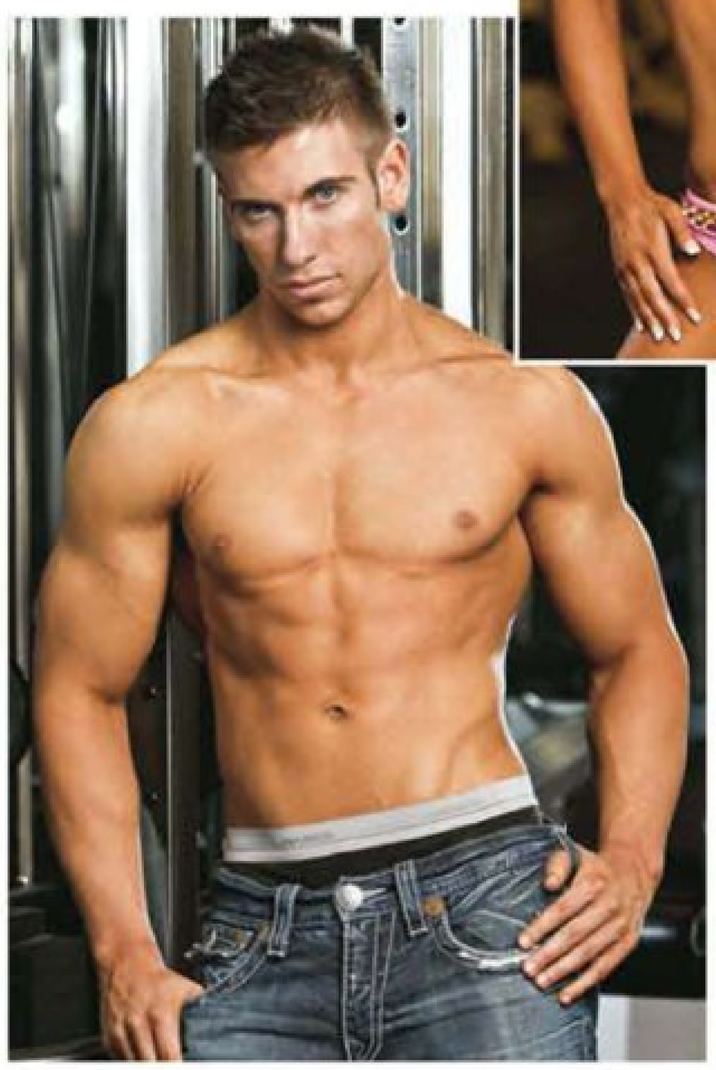


We have all experienced it at one time or another. Upon meeting an individual who possesses an undeniable positivity and energy, you are immediately drawn to their presence. A magnetic quality that pulls you in, holds your attention and gives you that inexplicable "feel good" factor. The experience leaves you wanting to know more.

It is a special and unique honor that INBF Canada holds by having not just one, but two of these type of individuals as its "up and coming athletes" in the federation's presence, and it is no surprise that this couple found each other in romance either.

Mylene Lachance and James Coyle, both 22 years old, recently competed in their very first bodybuilding/Figure competition and chose INBF Canada as the organization to make their memorable debut!





Wise beyond their chronological years, this power couple shares their motivations, inspirations and personal philosophies and ambitions that helped propel them into the INBF Canada spotlight.

CT: Have both of you been active in sports since you were young?
ML: I was always athletic and played many different sports growing up including soccer, basketball, skiing and swimming. As a kid, I was not allowed to sit in the house and watch TV all day, so I learned to enjoy being active and try new things.
JC: Yes, I was very athletic. I was rollerblading at a very young age and had really well-defined calves. I also played hockey, baseball and golf.

CT: When and why did you decide to compete?
ML: I have always been inspired by females in the fitness industry and decided that I wanted my exercise and food regimen to be more structured. By preparing to compete, I knew I could have a strict set of goals to accomplish what I set out to achieve.
JC: My sister competed in INBF Canada's Stampede Casino Classic in October 2009. I watched the show and decided I was going to compete in that exact show a full year later. Until then, I took bodybuilding "semi-seriously" and thought if I competed I would have to take my dedication and physique to the next level. This is the ultimate physical and mental test.

CT: What was your motivation for choosing to compete in INBF Canada's Organization?
ML: I knew someone who had competed the year before with INBF. They had great things to say about the support, friendly atmosphere and camaraderie within the organization. After competing with the INBF, I experienced first-hand how it truly is a network of great individuals who want the best for each other.
JC: I truly admire the INBF and WNBF. I feel they really represent the natural movement in the best way possible and they do a lot for their athletes! I'll be competing again in October 2011!

CT: Would either of you like to share any advice with those considering future competition?
ML: Find a mentor or a workout partner. It helps to have someone who understands what you are going through because those who have never competed don't always understand. Being able to share your knowledge and ideas with one another will help you achieve your goals and also make the time that you spend at the gym more enjoyable.
JC: The most important thing I can say is do it for yourself. It takes a special person to step on stage and put themselves through the brutal path of contest preparation. Think positive. If you believe, you can achieve.

CT: Mylene, who were your biggest supporters throughout your fitness and competition journey?
ML: I have received so much support from my boyfriend, James. Having competed alongside him was the best thing I could have ever asked for. He was always by my side offering advice and knowledge and a shoulder to cry on during those tough days. My parents were also very supportive of my decision to compete throughout my entire contest prep.
CT: James, who inspires you and why?
JC: After I competed with INBF Canada, I gained a lot of respect for the INBF Executive Team. They all *(continued on page 139)*

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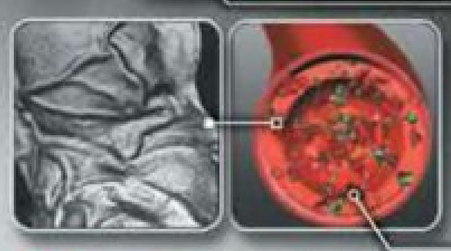
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By Fred DiMenna, Ph.D., C.S.C.S.

HOW DOES YOUR WORKOUT RATE?

Research Review



WNBF Pro Martin Daniels

I am a numbers person, but there are some things that even I cannot reduce to digits. An example is a quality resistance training workout designed for bodybuilding purposes. Sure, you can write down the number of sets you perform, how many reps you complete and the amount of weight you use, but truth be told, these easy-to-quantify factors are irrelevant when evaluating your workout's success. Instead, the key ingredient that dictates whether your efforts are worth documenting is much harder to pin down. As I have written countless times in past articles, the degree of effort is the stimulus that drives muscle growth, so it is this factor that should be recorded if you're trying to track your progress.

Most people associate the degree of effort they experience during resistance training with the quantity of weight they lift, but in many instances, this simply isn't the case. Changes in how the nervous system recruits muscle fibers occur as a chronic adaptation to resistance training such that activating the same-sized muscles could result in the production of more force after you become more experienced with training. In addition, the force-generating capacity per unit volume of muscle (i.e., specific tension) can also increase due to training such that stronger muscles might not mean bigger ones. Finally, practice makes perfect, so the more you perform a specific lift, the better at it you will become. This is great if your competition involves completing the lift against as much resistance as possible, but means little if you have to get on stage and display your musculature, in which case your workout goal should be to make your muscles work as hard (as opposed to as efficiently) as they possibly can.

Simply stated, bodybuilding training requires working hard and training heavy is one way to achieve that end. But in this regard, the actual weight you use is irrelevant. For example, research shows that if you restrict blood flow to a contracting muscle, growth will result if you train against very light resistance that typically would not bring an adaptive response. When blood flow is blocked, metabolites build up, so the end result is an intramuscular environment that is very similar to that which is present when you fatigue your muscles by lifting heavy. It is also typical for savvy bodybuilders to use pre-exhaust supersets for quality training. In this case, a compound movement like squats is performed directly after a single-joint exercise like leg extensions. This protocol mandates reducing the load you are squatting, but since the degree of effort associated with performing repetitions with residual fatigue will actually be enhanced, this concession does not mean that the training effect will be compromised.

From what I've mentioned, it should be obvious that it is degree of effort and not sets, reps and weight that a bodybuilder should be logging each workout. But what scale would you use to assess such a commodity? Obviously, zero is easy to define: If you're lying on the couch with your feet up, your muscles are as unchallenged as they can possibly be. And at the other end of the spectrum, 100 percent would be when your muscles were so fried that they couldn't even develop sufficient tension to resist the pull of gravity on the weight you're lifting. This is known as *eccentric failure* and would occur if you use supramaximal loads or continue a set with submaximal opposition considerably past concentric failure (with the helping hands of a spotter, for example). But for all increments between these two end points, how hard you're working is anybody's guess.

It is difficult to envision an objective way to gauge degree of effort, but subjective appraisal methods have been around for years. Scales that assess a subject's rating of perceived exertion (RPE) are typically used during exercise testing in an attempt to link that which is being felt by the exerciser with that which is being measured by the tester. In this regard, research published by Gunnar Borg in 1998 suggests that a person's perceived exertion rating (RPE) may provide a fairly accurate estimate of their heart rate during physical activity. This has led to the use of RPE scales for gauging aerobic intensity. Use of such a scale during anaerobic exercise like resistance training is far less common.

In a recent study published ahead of print on-line in the *Journal of Strength and*

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Conditioning Research, scientists from institutions in both Madrid and the United States teamed up to assess whether resistance-training intensity can be accurately controlled by a perceived-exertion scale. The authors begin by explaining that one of the most important variables to consider in the development of the optimal resistance training prescription is exercise intensity; however, intensity for resistance training can be defined in many ways. They reveal that in some cases, resistance-training intensity has been prescribed as a specific number of repetitions with a percentage of the one-repetition maximum (1-RM) load (i.e., eight reps with 80 percent of the 1-RM) or within a specified RM target zone (i.e., eight reps with the eight RM). Furthermore, the intensity of resistance training can be estimated by the mechanical power produced during each rep, electromyographic activity that is present during your reps and the elevation of metabolic variables like blood lactate or ammonia concentration upon completion. However, it's difficult to envision measuring these variables in a "real-world" setting.

The investigators suggest that a practical way to quantify intensity during resistance training is to link the magnitude of muscular effort to the rating of perceived exertion measured throughout the set. They cite recent research that documents the effectiveness of using RPE as a means for controlling the intensity of activities other than aerobic exercise (i.e., jumping or resistance exercise with both men and women, children, youth and the elderly) to support this claim.

The authors describe an RPE scale created specifically for resistance training that is called the OMNI Perceived Exertion Scale for Resistance Exercise (OMNI-RES). OMNI-RES, which was developed by *Robertson et al.* in 2003, includes a comparatively narrow response range of 0-10. This range makes the scale more appropriate compared to others that have been previously published because 10 increments is sufficient for these purposes (compared to, for example, aerobic exercise where the Borg 6-20 scale might provide a better link with heart rate).

This scale also has both verbal and mode-specific pictorial descriptors distributed along its continuum. Linking pictures to the numerical and verbal reference has been shown to improve the scale's reliability. *Robertson et al.* established the validity of OMNI-RES by demonstrating positive linear regression coefficients between RPE (whole body and active muscle) and both total weight lifted and blood lactate concentration for men and women performing four, eight and 12 repetitions of knee extensions and biceps curls with 65 percent of the 1-RM. The authors also explain that *Lagally et al.* administered the 15-category Borg scale after a set of bench presses at both 60 and 80 percent of the 1-RM and found that both whole body and muscular RPE were significantly related to both specific percent 1-RM and electromyographic muscle activity. However, in this study, the repetitions performed did not result in muscular failure and it has been shown that RPE increases as a function of repetitions irrespective of the magnitude of each load.

Collectively, these previous observations led these authors to suggest that the application of RPE to control resistance-training intensity should be both at the beginning (to estimate the amount of resistance used) and at the end (to reflect relative degree of effort) of a set. No previous study has explored this methodology; therefore, their purpose was to do so. Specifically, they set out to examine the applicability of OMNI-RES as a means for determining load and controlling change of maximal power production during continuous-repetition sets to failure with different percentages of the 1-RM.

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Eleven male students participated in this study. All subjects were recreationally resistance trained for at least two, but not more than five years. Before beginning, all subjects underwent eight familiarization sessions to learn how to use the OMNI-RES scale. This involved giving estimates after doing the first and last repetitions in each set they performed during their normal workouts. For the actual study, only the barbell bench press was assessed and repetitions were performed as rapidly as possible with all loads. In other words, subjects were instructed to apply the maximal possible force to reach the maximum velocity and power during the concentric phase of each repetition. Furthermore, they were not allowed to bounce the bar off their chest upon initiation of the rep, they had to reach full extension upon completion of the rep and they had to keep their hips on the bench throughout.



During the first testing session, each subject's 1-RM was determined. From this value, seven percentage evaluation ranges were calculated (30-40, >40-50, >50-60, >60-70, >70-80, >80-90 and >90 percent). These ranges were subsequently used to test the number of repetitions needed to achieve muscular failure at seven submaximal loads. Once determined, these loads were applied during the experi-

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mental tests. An optical rotary encoder was used for measuring bar position and calculating the power produced during every rep that was performed. The specific time point at which power fell 10 percent in relation to the maximum produced at the beginning of the set (i.e., during reps 1-3) was also determined for each set.

During all sets, subjects reported RPE upon completion of each repetition. A rating of zero was to be associated with no effort (rest) and a rating of 10 was considered to be maximal effort and associated with the most stressful exercise they had ever performed. An experienced certified strength and conditioning coach supervised all testing and recorded the RPE values.

When assessing the results that the authors report, a number of things become apparent. First off, the RPE OMNI-RES values given upon initiation of a set (i.e., either for rep one or for reps 1-3) can be used for identifying the percentage of 1-RM that was lifted; however, only in a general sense. For example, these values differentiated loads associated with the first four ranges (>30-70 percent of the 1-RM) from those associated with the last three ranges (>70-100 percent of the 1-RM), but greater resolution (i.e., differentiating loads within these ranges) was not observed.

With respect to maximal power production, a relationship was observed between variability and RPE during each set. For example, RPE for rep one and for reps 1-3 were different not only from RPE for the final rep, but also from the value given for the rep at which power output dropped 10 percent below the maximum present at the beginning of the set. The authors concluded that RPE at the end of each repetition accurately reflects the change in power output and allows for identification of the point when power falls below 90 percent of the maximum attainable value.

The authors complete their discussion by explaining the practical significance of their findings. For example, they suggest that if an individual's goal is to improve muscular power, resistance training reps should be done with maximal velocity to achieve the highest power output possible. According to their findings, a load designed for this purpose can be chosen from either a light (30-60 percent of the 1-RM) or heavy (>60-80 percent of the 1-RM) range and these loads can be determined by ones that elicited a rep-one RPE of 1-3 and 1-5, respectively. In addition, with this objective, it could be counterproductive to continue a set past the point at which power production decays markedly (i.e., past a 10-percent reduction compared to the maximal value); therefore, their results show that when using a load range of >60-70 percent of the 1-RM, a logical termination criteria would be an RPE value of six. Similarly, for a load equivalent to >70-80 percent 1-RM, the first-repetition RPE should be 6-7 and the set should be terminated before a RPE value of eight is attained.

The authors also reveal RPE values for what they term "maximal force-oriented training." They suggest that if the goal is to use >80 percent of the 1-RM, first-rep RPE should be approximately six and this value should increase to greater than eight on the third repetition. And if the percentage of load is >90 percent, an RPE of 10 will be present after the third repetition.

If you're a seasoned bodybuilder, you're probably not surprised that you can use your perception of how difficult rep one is to determine the ultimate challenge associated with the load you are lifting. It is safe to say we do that all the time in the weight room even if we aren't writing down our perceptions. But these findings regarding when to terminate a set might be of more interest. For example, this study reveals RPE values that identify a loss of the ability to produce what the authors consider a sufficient amount of power for power training. But if you're training for bodybuilding, continuing past this point might be the precise stimulus you'll need to get the job done. Bodybuilding training is typically performed at a controlled speed such that your initial repetitions are submaximal (i.e., you could move the weight faster if you so desired). It is probably reasonable to assume that the termination point that the authors identify for power training is roughly equivalent to the point at which you start moving the weight as fast as possible during bodybuilding training because once this amount of fatigue has set in, it's going to go up slowly whether you like it or not!

While these findings provide information regarding how to assess the degree of effort associated with the load you're lifting, the most important question still remains unanswered. If your goal is to train for hypertrophy, what RPE value do you have to reach at the end of your set? Until the answer to that one comes around, I think I'll continue to eschew the use of numbers for quantifying the most important resistance training variable of them all. ★

Editor's Note: Fred DiMenna is a retired WNBF pro who has a Ph.D. in exercise physiology. He can be reached at mrnaturalus@yahoo.com.

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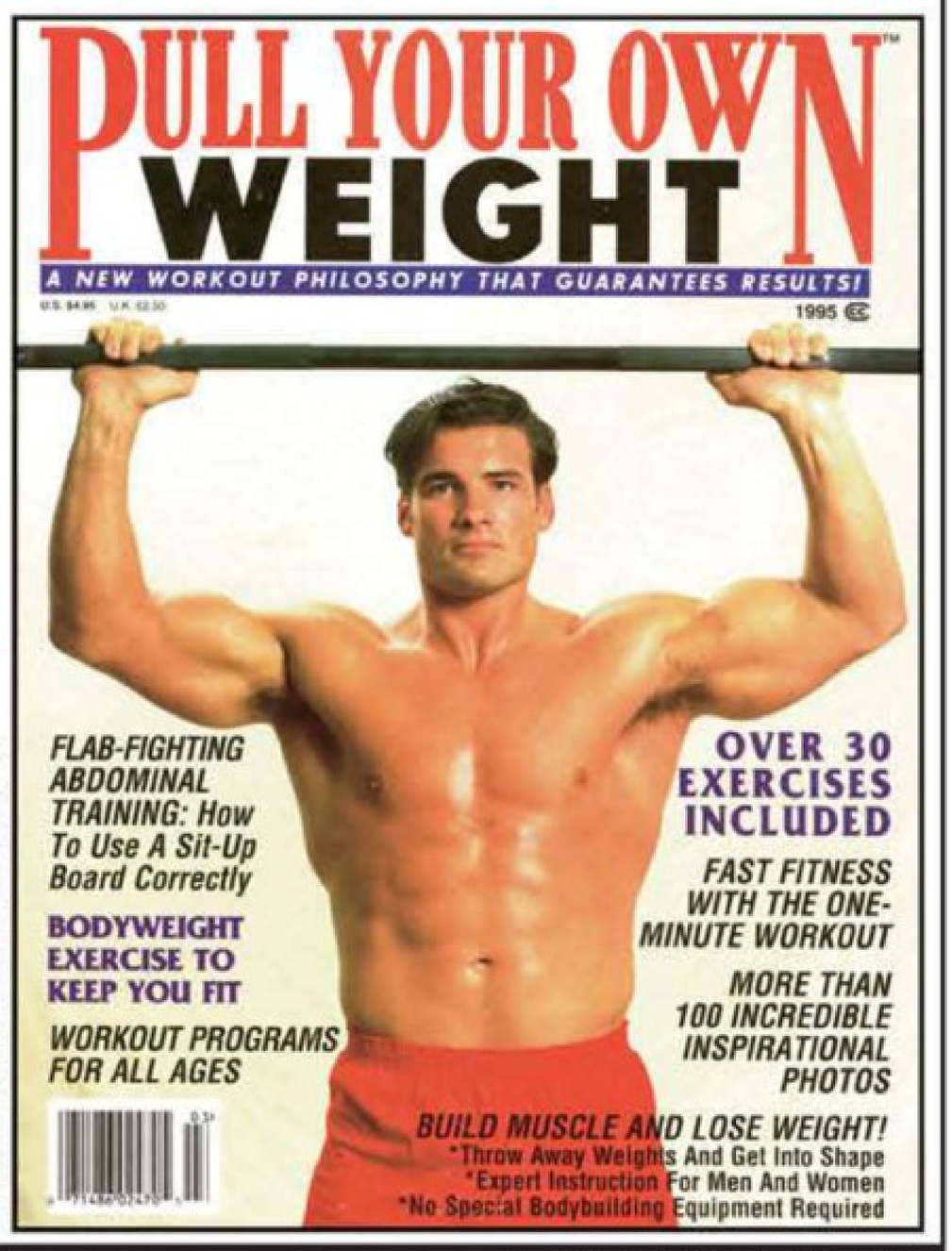
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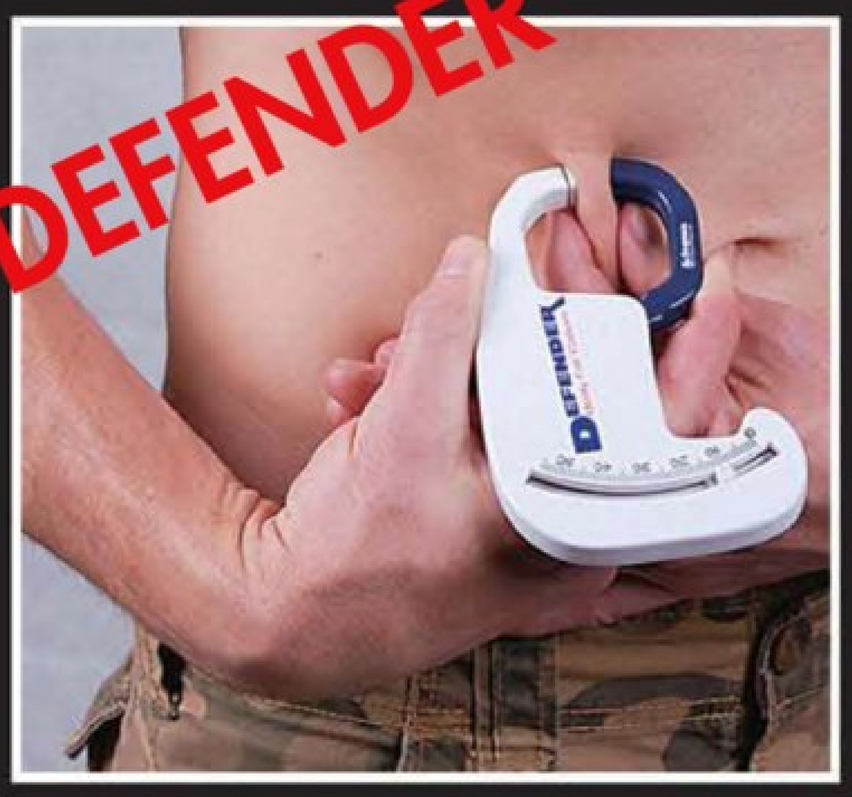
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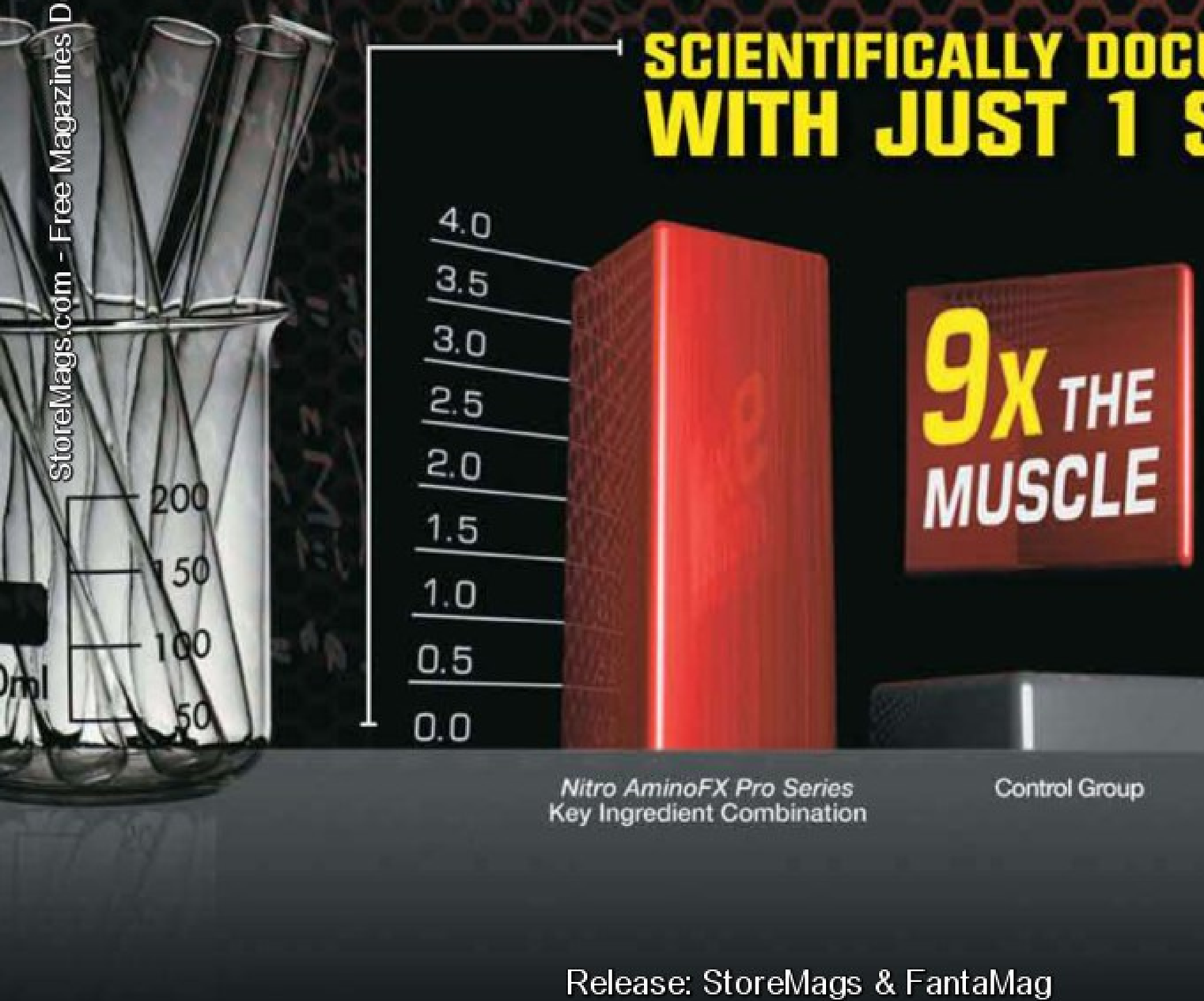
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In recent years, I have gained attention and interest from others with my approach to training. I field questions regarding my workout split, volume, exercise variation, focus on eccentric versus concentric, etc. While these are all pertinent topics, they all miss the overlying theme that embodies my approach to not only my workouts, but contest preparation as a whole. The most important piece of advice I could give someone who wants to look his/her best onstage is to train with a sense of urgency. By that, I mean that every time you walk into the gym to workout, you must treat each set as if your success or failure as a competitor is going to be determined in that very moment. Maybe your next show is four, eight or 12 months away. It doesn't matter! You have to train as if it's the last opportunity you get to gain an edge on your competitors.

One of the unfortunate side effects of our modern civilized society is that most people have become soft in their nature. Humans have lost touch with their primal instincts that once enabled them to survive as part of the food chain. There is an overwhelming reliance on others for the most basic needs. Training with a sense of urgency requires you to abandon this mindset and return to one far more primitive in nature. If you want to train like an animal you have to think like one, which I cannot sum up better than the following proverb:

"Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle . . . when the sun comes up, you'd better be running."

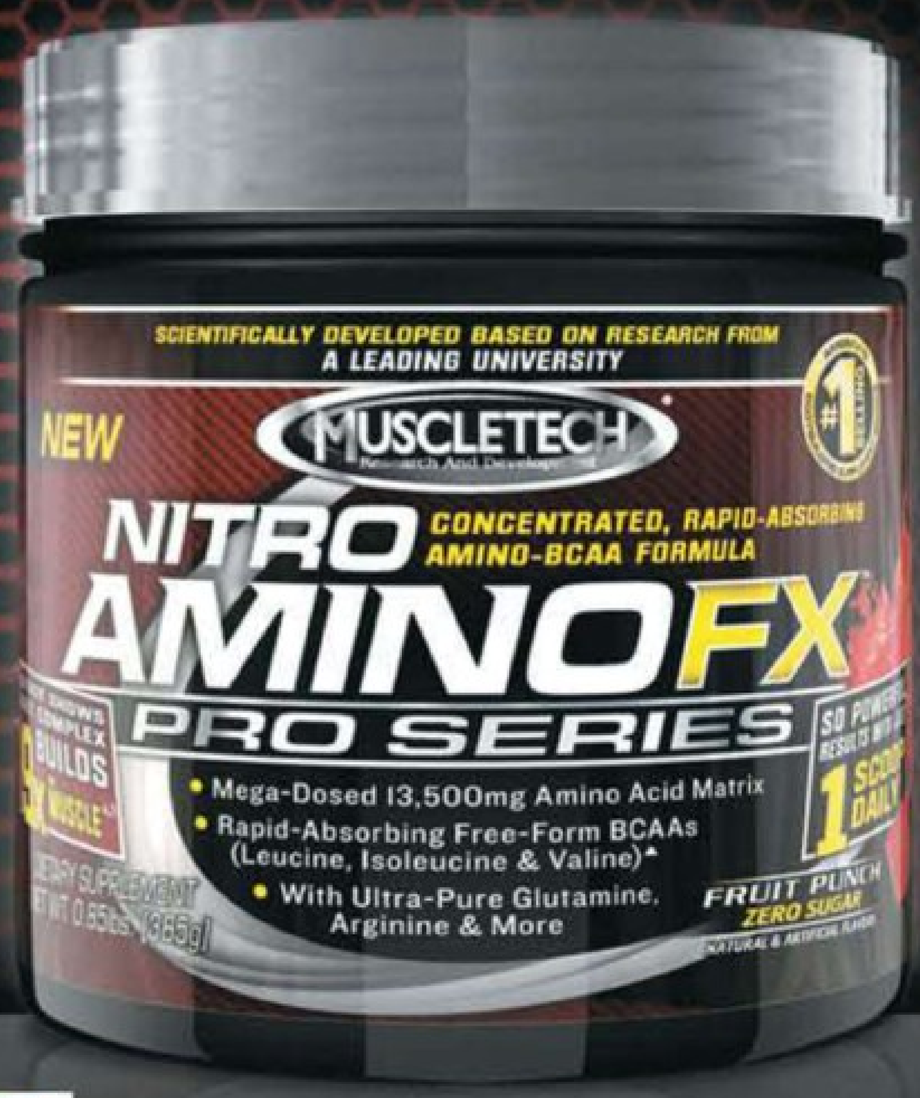
This is the type of thought process that gets you out of bed at 4 a.m. to do cardio. This is what motivates you to find it in yourself to turn a 15-rep set into a 20-rep set. This is what enables you to set a new personal record on squats when you're only eight lbs. above your stage weight. Do or die every day! How good do you want to look when you hit the stage? How bad do you want it? Convince yourself of what must happen every day! There can be no option in the matter. You are not allowed to be tired! You are not allowed to have a mediocre workout! You are not allowed to slip on your diet! Success or failure is defined at every moment and every moment is equally important so you must always act with a sense of urgency!

In nature, only the strong survive. Unlike animals in the wild, humans have the choice between thriving and just surviving. If you choose to go through the motions, you may someday look back on your life defined by mediocrity, with great regret or you'll die having accomplished nothing of significance. It is your animal instincts that will enable you to excel, not only on the stage, but in life, so that one day you can look back with pride. ★

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BCAAs	Arginine	Glutamine Blend	Vitamin C

The Vitamin Shoppe · GNC Live Well · BODYBUILDING.com · PROSOURCE.NET · netrition.com · AllStarHealth

The MuscleTech® brand of supplements is America's #1 selling bodybuilding supplement brand based on cumulative wholesale dollar sales 2006-present. © 2011.

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Isaiah Southward

Leader By Example

By Mary Gillis

FOR ISAIAH SOUTHWARD, being a role model just comes naturally. From his loyal clientele, to the youth group he mentors, to his fellow competitors in the WNBF, one can't help but have nothing but utmost respect for this guy. Let me tell you why.

Back in 2006, Isaiah made a deal with a soldier-friend of his who was serving in Iraq. He told his friend that "if he came back from the war in one-piece" that the two of them would train together and Isaiah would enter his first bodybuilding contest. The story ends well. His friend came home safe and sound. The two friends got to work and Isaiah managed to make his competition debut.

For almost five years now, Isaiah has remained an integral part of the natural bodybuilding scene. At 5-11 and 217 lbs., he competes with the big boys as a WNBF heavyweight pro. His recent titles include first place at the 2010 WNBF American Championships, as well as an impressive fifth place finish at last year's World championships in November.

Although he considers himself genetically blessed – he has had 18-inch biceps since he was a teenager – it's Isaiah's consistency and commitment to training that's most admirable. He hits the gym five days per week – no exceptions – and concentrates his efforts on just one bodypart per workout. Monday is legs. Tuesday is back. Wednesdays and Thursdays are chest and arms while Friday is relegated to shoulders. Post-session, he'll replenish with a creatine supplement and protein shake. Between workouts, Isaiah sustains himself on egg whites and toast, baked potatoes, a lot of greens, as well as salmon and chicken breast.

When Isaiah isn't training, he's helping others both inside the gym and beyond. As the operator of a personal training company in Madison, Wis., Isaiah is responsible for the fitness performance of several pro-athletes, including NFL players Tommie Harris and Mark Anderson. Yet, it is his own commitment to training that has served as a source of inspiration for these individuals. "When I'm dieting for a show, my fitness level is very low, but at the same time I'm in the best shape [that] I've ever been. This really helps to motivate my clients."

In his spare time, Isaiah volunteers at a local youth group sharing his passion for theatre, world history and his message about the importance of being a drug-free athlete. "Being drug-free allows me to see real results with 100-percent hard work that I put in by myself. I wouldn't have it any other way. It also builds a strong gym community and mentality for kids to work and not cheat in the gym – or in life." Isaiah credits this devotion to natural athletics to his fellow bodybuilder friend, Lawrence, who taught him everything about the sport. And Lawrence continues to support Isaiah's endeavors today. Clearly, in order to lead by example, it's necessary that one has been led by example.

The year ahead is shaping up to be a busy one. Isaiah will be training for the 2011 World Championships, as well as the 2011 Mr. Universe contest.

If you're reading this and thinking that someday you'd like to see yourself on stage, well, you're in luck – we've got some got some of Isaiah's greatest tips for beginners inserted right on this page. They're short and concise, but valuable nonetheless. In the meantime, to learn more about Isaiah, visit his website at http://www.isaiahsouthward.com. ★

PHOTO BY GEORGE LEGEROS

TIPS FOR BEGINNERS:

- **Study your craft;**
- **Set your goals;**
- **Find a mentor;**
- **Always give 100 percent!**

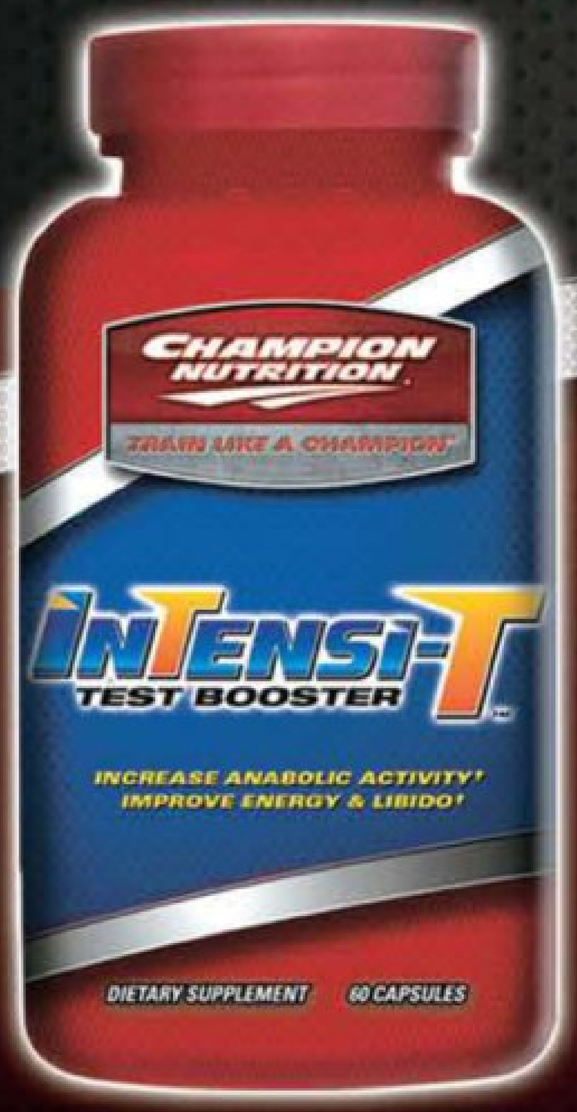
Editor's Note: Mary Gillis is an Applied Physiology doctoral student at Columbia University and Founder of Anything But the Gym (anythingbutthegym.com), a New York City-based fitness company that encourages outside play as sustainable form of exercise. In 2009, Mary received the prestigious Fred Rogers Fellowship Award in Media and Child Health to create multi-media, health-related content for young children. She can be reached via email at marygillis@anythingbutthegym.com.

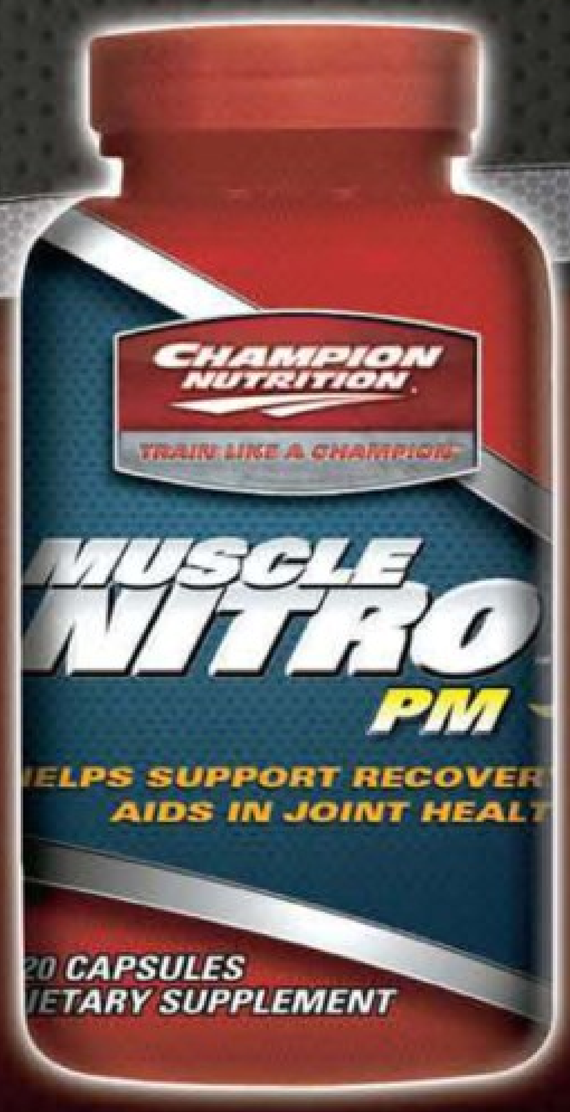
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TRAIN LIKE A CHAMPION™

INTENSI-T™ TEST BOOSTER

MUSCLE NITRO™ PM





TEST BOOSTER

Champion Nutrition® INTENSI-T™ was specifically designed to naturally increase testosterone levels.† Intense workouts will help you achieve a level of high performance, and INTENSI-T™ helps improve your energy levels to help you achieve results!† Behind the science of our key ingredient, Testofen™, which is clinically proven to increase free testosterone levels 98%, INTENSI-T™ will trigger and bolster the body's natural production of testosterone.†

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Champion Nutrition® MUSCLE NITRO™ PM will help you protect your muscle.† We've taken special care in including specific ingredients to help relax your muscles.† Most beneficial in the evening, Muscle Nitro™ PM also replenishes key BCAA's and offers additional Vitamin C to increase your body's intake of this key Antioxidant.† In addition, our formulators also included Hyaluronic Acid to help aid your joints in post-workout recovery.† After pushing your body to the max, protect your prized gains with Muscle Nitro™ PM.

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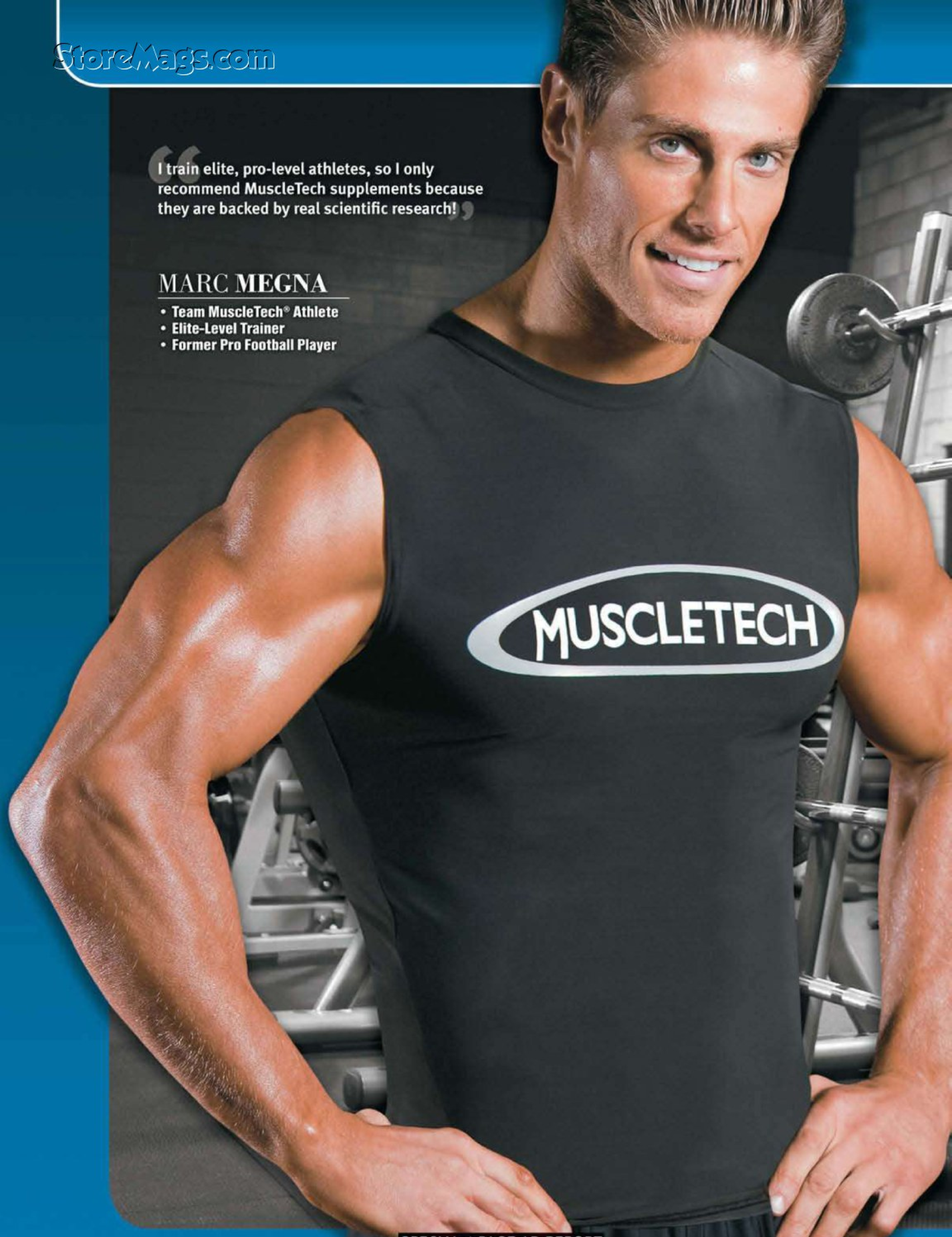
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†These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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5 CLINICAL TRIALS 6 FORMULA PATENTS

INCREDIBLE RESULTS

Are You Using the Right Creatine Formula?

Only one creatine formula is backed by this much science and delivers 10,000mg of creatine and 75g of lab-tested dextrose. Discover what it is, read the clinical studies behind it and find out how it can work for you!

The fact is, there are a ton of creatine supplements on the market. Some are unique pills that promise superior creatine absorption. Some are low-carb creatine powders that promise faster muscle and strength gains while hiding their low doses of creatine in proprietary blends. Thankfully, the elite team of R&D gurus at Team MuscleTech® decided to do things differently when they engineered *Cell-Tech™ Hardcore Pro Series®*.

With a formula protected by 6 U.S. patents, core ingredients backed by 3 clinical trials and a massive dose of creatine that is backed by 2 additional clinical studies, it's hard to find a musclebuilding creatine that's more powerful ... more advanced ... and more effective. Don't believe it? Read the study details for yourself.

STUDY 1

OVER 3X MORE MUSCLE

In a placebo-controlled study on 32 individuals divided into four groups and conducted at a physiology lab in Greenwich, CT, subjects taking the core ingredients in *Cell-Tech Hardcore Pro Series* with a hardcore training program built over 3 times more muscle than those taking creatine with juice after 7 days (3.4 vs. 0.8 lbs.). In fact, after 28 days, subjects using the core ingredients in *Cell-Tech Hardcore Pro Series* gained an average of 4.5 lbs. of muscle, while subjects using creatine with juice gained only 1.5 lbs.

(Kalman et al. *Med Sci Sports Exerc.* 2000; 32(5): 562(S136).)

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THE WORLD'S MOST ADVANCED CREATINE FORMULA

STUDY 2

9.5 lbs. OF MASS

In a randomized, double-blind, University study conducted on 19 weight-training individuals, subjects taking the core ingredients in *Cell-Tech™ Hardcore Pro Series®* gained 9.5 lbs. of mass in only 8 weeks. This was more than twice as much mass as the control group, where subjects taking an isonitrogenous and isoenergetic mixture gained only 4.2 lbs. of mass.

(Tarnopolsky et al. Med Sci Sports Exerc. 2001; 33(12):2044.)

Drive More Creatine into Muscles

Think taking a low-dose creatine supplement will get you the fastest gains possible? What about taking creatine with water or juice? Think again. If your goal is to make the fastest gains in muscle and strength, you've got to drive more creatine directly into your muscles. And the best way to do that is by spiking your insulin levels with high glycemic carbohydrates. This critical fact inspired Team MuscleTech® to formulate *Cell-Tech™ Hardcore Pro Series®* with a precise 75-gram dose of HPLC-certified dextrose. HPLC is a biochemical, analytical method used in lab testing to identify components of a compound and test for purity. What's more, Team MuscleTech also engineered *Cell-Tech Hardcore Pro Series* with a 200-milligram dose of Alpha Lipoic Acid (ALA). ALA is a key component of the core ingredients in *Cell-Tech Hardcore Pro Series*, which were shown to outperform creatine.

Core ingredients in *Cell-Tech Hardcore Pro Series* were scientifically shown to build more mass and strength than creatine alone!



"I tell my clients to use *Cell-Tech Hardcore Pro Series* because it's the only creatine formula I trust for real results!"

– Marc Megna, Elite-Level Trainer

9 "The results I had in just WEEKS are phenomenal! I can't believe how powerful the core ingredients in *Cell-Tech Hardcore Pro Series* are. You just gotta try it!" – Brian Baze





STUDY 3

4.4 lbs. of MASS IN ONLY 10 DAYS

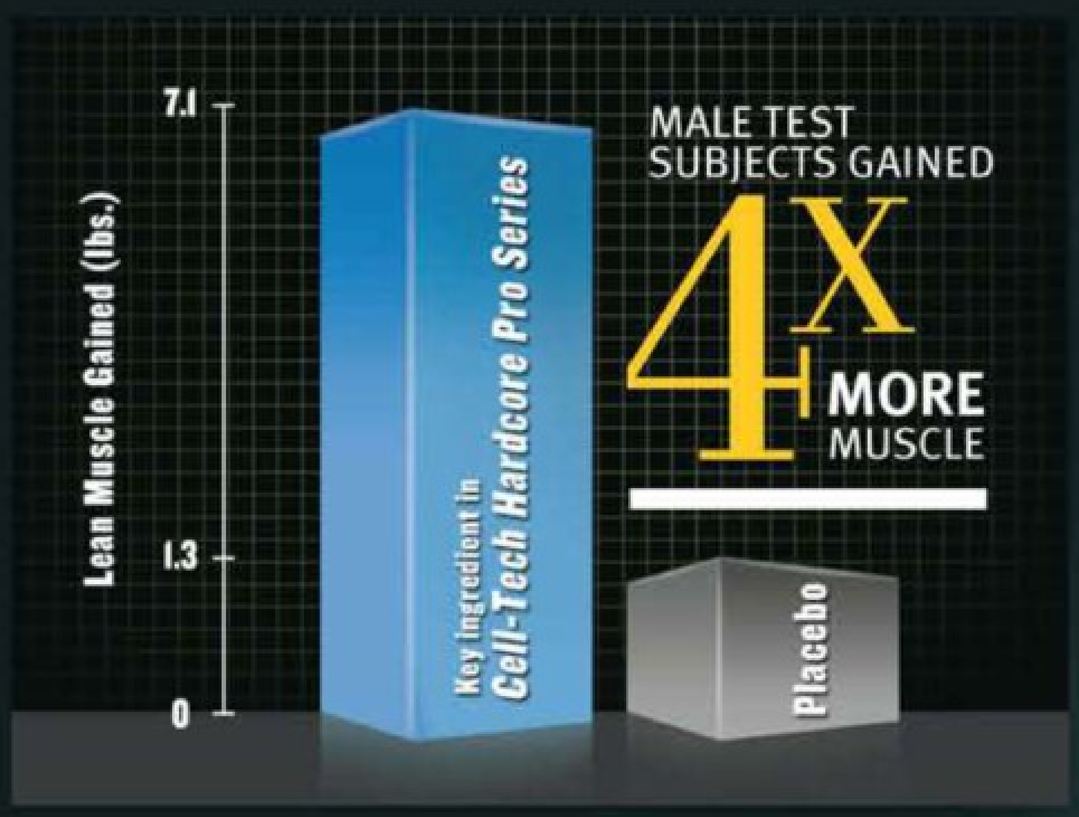
In yet another study, this time a crossover-designed study on 12 individuals, subjects taking the core ingredients in *Cell-Tech™ Hardcore Pro Series®* gained 4.4 lbs. of mass in only 10 days. Even more shocking, test subjects didn't work out at all.

(Safdar et al. *Physiol Genomics*. 2008; 32(2):219.)

Delivers at Least Twice as Much Creatine Per Serving as Other Top Brands

Cell-Tech Hardcore Pro Series is loaded with a powerful 10,000 milligrams of creatine per serving. That's right – 10 grams of creatine! That's at least twice as much creatine per serving as other top brands! Plus, this mega-dose is powered by the most scientifically researched form of creatine on the planet. After engineering this one-of-a-kind formula, Team MuscleTech® researchers then protected it with 6 U.S. patents.

STUDY 4



In a 12-week study on 22 untrained subjects randomly assigned to one of three groups, the subjects taking a key ingredient in *Cell-Tech Hardcore Pro Series* built over 4 times more muscle compared to subjects using a placebo (7.1 vs. 1.3 lbs.). These documented results are a clear testimony to the musclebuilding power of *Cell-Tech Hardcore Pro Series*. These same test subjects also exhibited a significant increase in strength compared to the placebo group.

(Willoughby et al. *Med Sci Sports Exerc*. 2001; 33(10):1674.)

Real Scientific Research Delivering Noticeable Results, Fast

With all the scientific research, numerous human clinical studies and real-life transformations you've just read on the powerful core ingredients in *Cell-Tech Hardcore Pro Series*, you're set to make dramatic gains in muscle size and strength like never before. Don't waste any more time waiting for the results you've been looking for. Experience the scientifically engineered power of *Cell-Tech Hardcore Pro Series* today!

STUDY 5

7.25 lbs. of LEAN MUSCLE

In a study conducted at a leading American University and conducted on 35 experienced, weight-training individuals, subjects taking the exact dose of creatine in *Cell-Tech Hardcore Pro Series* gained 7.25 lbs. of lean muscle in only 21 days. This was significantly more than the placebo group, which only gained 0.58 lbs.

(Peeters et al. *J Strength Cond Res*. 1999; 13(1):3.)



Read the label before use. Get *Cell-Tech Hardcore Pro Series* at GNC, GNC Rite-Aid, Vitamin Shoppe and Bodybuilding.com. Brian also used other MuscleTech® supplements and has been remunerated.

Cell-Tech™ Hardcore Pro Series® is patented. © 2011.

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Isaiah Southward

THAT'S RIGHT, I SAID IT!

by Fred DiMenna, Ph.D., C.S.C.S.

I just browsed through the last issue of ***NB&F*** and a couple of things caught my eye. First off, great cover and the contents page looked promising . . . but then I got to page 16. It seems our Editorial Director is back on his high horse criticizing Internet forums because there is "a disturbing trend" being perpetuated. I guess I have to remind you once again, Richie boy, that this is the good ol' USA we live in and we have something here called The Constitution. Among other things, this document gives us the right to speak freely. These Internet forums are valuable assets because they provide the common populace the opportunity to challenge the powers that be. Unfortunately, we don't all have an "Editor's Page" to pontificate from.

The next thing of note was a column by Sean McCauley, who explained how you can indulge at the dinner table (occasionally) and still stay on course with respect to your bodybuilding aspirations. I liked this one because Sean stresses that the bottom line is energy balance and if you set yourself up in the red by performing a high-intensity workout, you can then reap the rewards by eating a little more than what might typically be deemed appropriate. However, I fear Sean's words might wind up falling on deaf ears. In this day and age, it's far more fashionable to seek a more "straight-forward" solution to offset an inability to be disciplined. For example, as we speak, dedicated weight-loss aspirants are spending countless hours searching for some supplement that can reduce their appetite or, better yet, make them absorb less calories from the foods they eat. Truth be told, I, myself, started to read through all of the supplement ads in this issue in an attempt to find just such a miracle product. However, I wound up giving up because there's only so much reading one man can do!

I agree with Sean's basic premise, but I must disagree with one thing he said. The "little-known benefit" of high-intensity exercise (excess post-exercise oxygen consumption; aka, EPOC) is actually quite renowned. For example, I've heard many a personal trainer explain to prospective clients how the special training regimen they've developed will enable them to eat more food for the rest of the day without getting any fatter. It all has to do with the thermogenic effect of their workout. And lest you think these are simply businessmen trying to close a sale, guess again because research supports their claim. For example, a recent study in *Med Sci* reported that for 14 hours after a 45-minute vigorous cycling session, energy expenditure was increased such that no less than 190 extra calories were used! That's enough for an additional donut . . . if you make sure to get one that's small.

Speaking of energy balance or lack thereof, a supermarket chain in my area has recently introduced the revolutionary NuVal Scoring System in all of its stores. What is the revolutionary NuVal Scoring System, you ask? Well, my words can't do it justice, so I'll quote the pleasant-sounding lady who explains what it's all about in the video on their website: "Welcome to the power of simplicity in a complicated world. NuVal is the nutritional value scoring system that helps consumers finally understand how much nutrition they're getting or not getting from the food they buy. As troubling public health trends such as diabetes and obesity reach epidemic proportions, consumers know that they need to eat better. But they're overwhelmed and confused by the whirlwind of nutrition information and claims that surround them." The woman goes on to explain how we consumers simply can't figure out what to buy, so they've simplified the process for us by putting a score on every item that is available. These scores "summarize comprehensive nutritional information in one simple number between 1 and 100." Apparently, this simple number ("simple" as opposed to maybe a fraction or something over 100, I guess) is all I need to "make better decisions about nutrition in just a few seconds."

Here's the thing: There's an alarming trend going around nowadays and it can be summed up by a phrase that seems to have become common vernacular. No matter what I'm involved in, I can't seem to avoid being persuaded by someone to dumb down what I'm doing for the people I'm doing it for. Writing for this magazine? Check. Writing ethics applications for internal review boards? Check. Writing journal articles? Check. Teaching college classes to graduate students? Check. No matter what I'm trying to do, heaven forbid I stretch people's ability to think a bit.

Dumbing it down has become the norm in this country and I can't help but wonder if it's like that in other parts of the world. For example, do you think the Japanese have a similar phrase in their lexicon? I'd hazard a

PHOTOGRAPHY BY GEORGE LEGEROS

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guess they don't. But it also surprises me that the very same people who implore you to dumb it down are the ones who complain the most about how everybody nowadays is clueless. With this in mind, do you think maybe we should try to smarten them up instead.

If you look into the NuVal system, you'll find that the numbers are developed by a scientific advisory board "comprised of recognized nutrition and medical experts." No doubt. And it's also important to recognize that this scale is completely objective: The numbers do not reflect any input from parties that could stand to benefit from the values being displayed. So, I'm not saying that the science behind this system isn't robust. But I am saying that summing up the appropriateness (or lack thereof) of a specific food for healthy nutrition requires far more than a simple number (or even a complicated number, whatever that might mean). Consider the following hypothetical scenario, which is one I use often to exemplify just how important understanding dietary intake is.



Tyler English

A 20-year-old man who has an ideal bodyfat level decides that for the next 20 years of his life, he's going to eat a perfectly healthy, balanced diet. Specifically, he determines the precise amount of calories he'll need to maintain his current bodyfat and then divides those calories in the appropriate manner such that optimal proportions of the macronutrients (protein, carbohydrate and fat) and micronutrients (vitamins and minerals) are present. What is more, once these calculations have been made, he only chooses the healthiest foods to fulfill his quota. No junk whatsoever. And exercise is also part of the equation: His calculated intake accounts for expenditure for both resistance training and cardiovascular workouts to maximize health. Everything is planned for precisely. Oh, and one more thing: The guy hears that an apple a day keeps the doctor away, so he decides to down an average-sized one each morning, but does so above and beyond the energetic break-even point he had already determined. The end result? Twenty years later, he's 188 lbs. overweight.

Suffice to say an apple would have a high NuVal score, but as you can see, that might mean little. It is also considered very healthy to drink water, but that doesn't mean the lady in California who tried to hold her wee for a Wifi didn't wind up without life. Is it too much to ask that people just understand what's going on in their bodies during their time here on Earth? Apparently so.

If you don't catch my drift regarding why the progressive dumbing down of any and everything is systematically destroying mankind, consider spell-check. When I was a kid, there was no such thing, so we actually learned how to spell when we were in school. In fact, I remember coming home with a list of words, having my mother quiz me and returning to school to be tested. This assessment involved taking a piece of paper, folding in half, numbering the columns and spelling out the words when the teacher read them aloud. No grading on curves, no special help, no open books . . . either you knew them or you didn't. And if you didn't, you failed. (Of course, nowadays, this practice would surely be deemed unacceptable because such an experience could scar one for life!) The bottom line was we learned how to spell and now, armed with that knowledge plus spell-check, I'm even better off. But once spell-check was created, we can now dumb things down a bit and not have to be as demanding with respect to what we require our kids to learn. The end result is an entire generation who can't understand why spell-check didn't tell them that "faces" is not spelled f-e-c-e-s.

For people who have a good knowledge of the caloric content of foods and how much they require, the NuVal system will complement what they already know. But nobody needs a simple number to tell them what to eat. And for that matter, we also don't need exercise dumbed down.

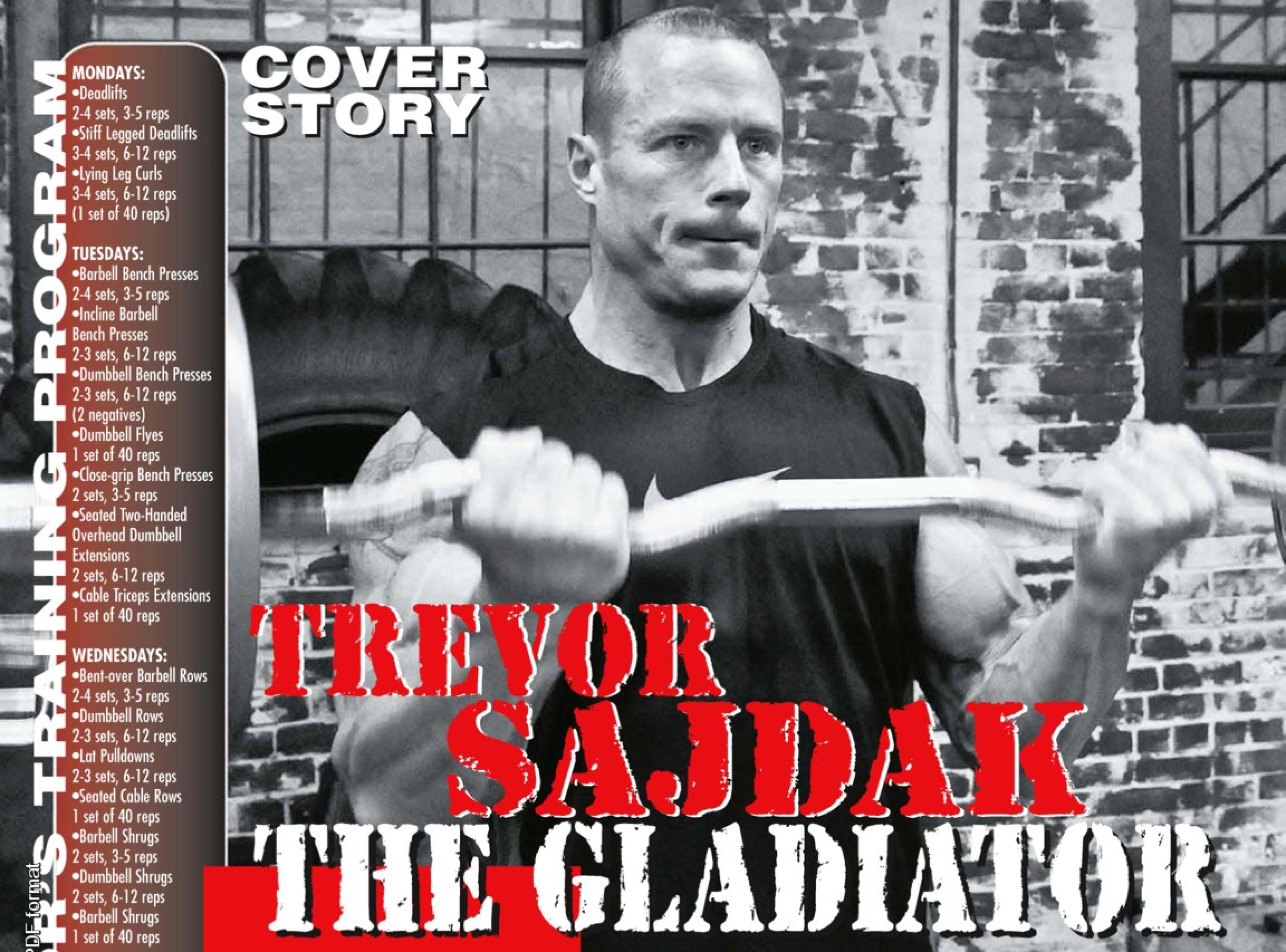
For example, if people could just strive to understand how their bodies operate a little better, they might have the where-with-all to recognize that the latest infomercial workout isn't all it's cracked up to be. "Get absolutely ripped in 90 days?" Get absolutely ripped off. That's right, I said it! ★

Editor's Note: Fred DiMenna is a retired WNBF pro who has a Ph.D in Exercise Physiology. He can be reached at mrnaturalus@yahoo.com.



COVER STORY

TREVOR SAJDAK
THE GLADIATOR



There are two facts that are very apparent when you see Trevor Sajdak: He is a monster in the gym and very selective at the dinner table. There are also two facts that are much less perceptible about him: He is 40 years old and is 100-percent natural.

This bodybuilding dynamo has been lifting since he was in high school, which was about 25 years ago. Although he says he was blessed with good genetics, he still busted his butt in the weight room for his football team's mandatory workouts (and for baseball, swimming and track). His idol was Roger Staubach, the legendary quarterback of the Dallas Cowboys. To find the same athletic success as his hero, Trevor worked as hard as possible on and off the field. "Although Staubach was a little before my time, the way he played football was so intense," Trevor says. "I tried to model myself after him playing football because the game was always my life. Growing up, everything else was just secondary."

Trevor's football abilities led him to play defensive back at Columbia University. He worked out 4-5 times per week with his team and he took advantage of "an unlimited supply of food." This solid work ethic and meal plan enabled Trevor to put on 25 solid lbs. of muscle during his first semester of college. When Trevor realized how much he enjoyed being physically fit and muscular, the weight room became a mainstay of his everyday life beyond football (which wasn't too difficult considering he has been enlisted in the Air Force Reserve since leaving college).

It wasn't until 2001 that Trevor became interested in bodybuilding. That was the first year he competed and he immediately found success. In Trevor's very first competition, he won the novice light-heavyweight class, as well as the overall novice prize. Since that day, he has captured six more light-heavyweight titles and two more overall titles. And on March 19 of this year, Trevor won his WNBF pro card and Masters pro card.

This husband and father of two was able to achieve these feats through a five-day-per-week training regimen (see sidebar)

PHOTOGRAPHY BY KEN SNOW

TRAINING PROGRAM

MONDAYS:
- Deadlifts
2-4 sets, 3-5 reps
- Stiff Legged Deadlifts
3-4 sets, 6-12 reps
- Lying Leg Curls
3-4 sets, 6-12 reps
(1 set of 40 reps)

TUESDAYS:
- Barbell Bench Presses
2-4 sets, 3-5 reps
- Incline Barbell Bench Presses
2-3 sets, 6-12 reps
- Dumbbell Bench Presses
2-3 sets, 6-12 reps
(2 negatives)
- Dumbbell Flyes
1 set of 40 reps
- Close-grip Bench Presses
2 sets, 3-5 reps
- Seated Two-Handed Overhead Dumbbell Extensions
2 sets, 6-12 reps
- Cable Triceps Extensions
1 set of 40 reps

WEDNESDAYS:
- Bent-over Barbell Rows
2-4 sets, 3-5 reps
- Dumbbell Rows
2-3 sets, 6-12 reps
- Lat Pulldowns
2-3 sets, 6-12 reps
- Seated Cable Rows
1 set of 40 reps
- Barbell Shrugs
2 sets, 3-5 reps
- Dumbbell Shrugs
2 sets, 6-12 reps
- Barbell Shrugs
1 set of 40 reps

THURSDAYS: Off

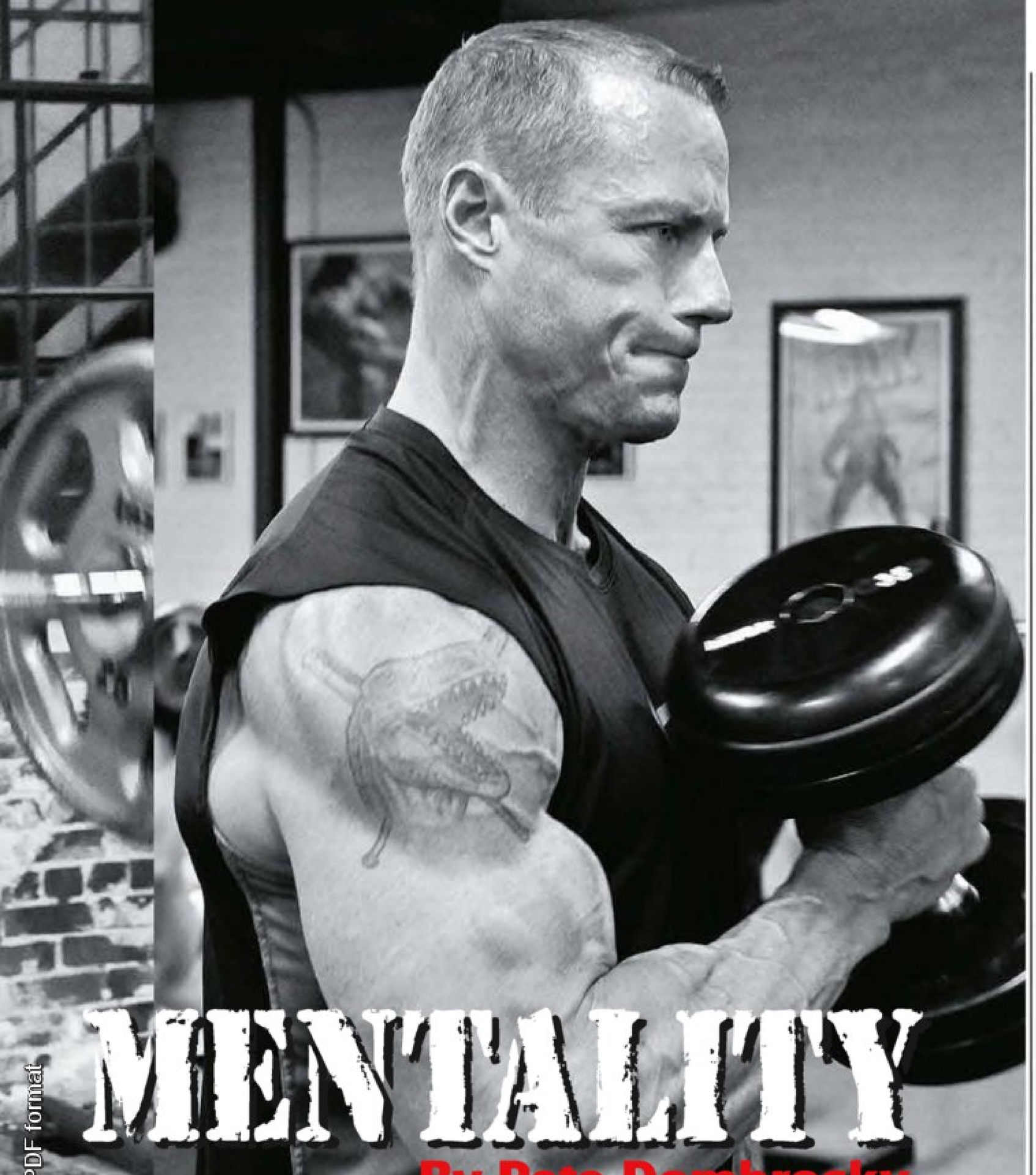
FRIDAYS:
- Squats (Below parallel)
2-4 sets, 3-5 reps
- Pivot Leg Presses
2-3 sets, 6-12 reps
- Front Squats
2-3 sets, 6-12 reps
- Pivot Leg Presses
1 set of 40 reps
- Seated Calf Raises
2 sets, 10-15 reps
- Leg Press Calf Raises
2 sets, 40 reps

SATURDAYS:
- Seated Barbell Presses
2-4 sets, 3-5 reps
- Seated Arnold Presses
2-3 sets, 6-12 reps
- Barbell Front Raises
2 sets, 6-12 reps
- Dumbbell Lateral Raises
1 set of 40 reps
- Cross-body Hammer Curls
2 sets, 3-5 reps
- Standing Barbell Curls
2-3 sets, 6-12 reps
- Cable Preacher Curls
1-2 sets, 40 reps

SUNDAYS: Off

PREVIOUS
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MENTALITY

By Pete Dombrosky

that he carries out at a fitness center at the Defense Logistics Agency in Columbus, Ohio, where he works as a quality assurance instructor. His training philosophy is to work out as hard and as heavy as he physically can and he never sticks with the same workout program for more than three months. The 5-9, 183-pounder is adamant when he says that the key to muscle growth and stimulation is variety. This is one of the primary positive factors he has learned through his years in bodybuilding. And although those years are starting to add up and limit the intensity at which he can train, his experience lets him know his physical thresholds. "I still have that gladiator mentality, once in awhile, when I feel like nothing can hurt me," Trevor says. "It has never been to the point that I can't finish a workout though, knock on wood."

Trevor's training is only half of the equation for his success. He also eats clean year-round, because he feels that if he were to cheat even a little bit, he would have the tendency to go overboard and ruin what he has worked so hard to achieve. But it isn't a diet that he has any trouble sticking to. "I enjoy the foods that I eat and I really don't crave cheat foods," Trevor says. "A lot of people think that staying healthy with strictly clean food is depriving you of life's joys, but I look forward to my oats, chicken, brown rice and broccoli." In addition to those foods, Trevor also enjoys natural peanut butter and blueberries on a daily basis. To further supplement his diet, Trevor uses whey protein, fish oil, Scivation Xtend, Scivation Quake, glucosamine and chondroitan and a multivitamin.

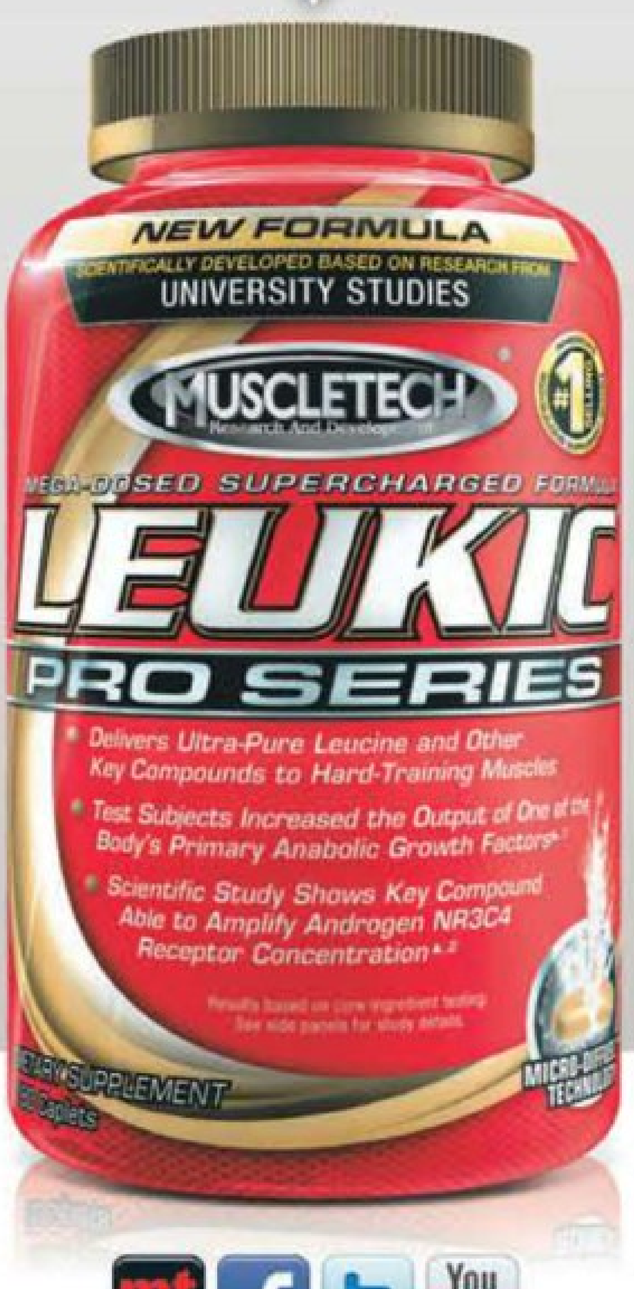
As you can see, his regimen is drug-free. Trevor says that when he was younger, the temptation to use performance enhancers was intense, but he never gave them a second thought. This is a message that he passes on to anyone who is interested in weight training. "I think the increased knowledge about legal supplementation, proper diet and new workout methods have steered more athletes in the natural direction," Trevor says. "Natural bodybuilding is bigger than ever and it is awesome to be part of the natural revolution – to be a WNBF pro is definitely a dream come true." ★

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ATHLETES HAVE SPOKEN!



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– MARC MEGNA,
Celebrity Trainer



mt You Tube

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WNBF PRO TIPS

"Insanity is doing the same thing over and over and expecting different results."
– Albert Einstein

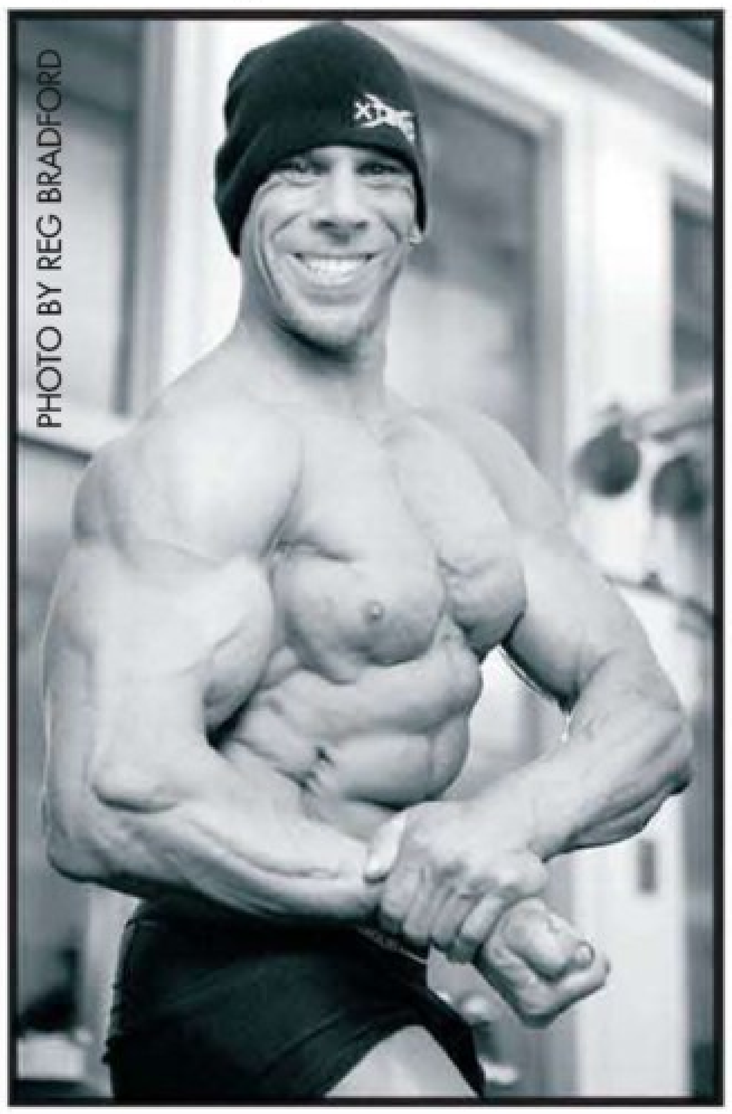
When it comes to climbing the bodybuilding and Figure ranks, why not learn from the pros? And what better WNBF pros to learn from than Kurt Weidner, Amy Llinas Lynch and INBF star Cheryl Glattacker? Take their advice to gain or enhance your pro status.

WNBF PRO KURT WEIDNER

"There are some very basic pieces of advice that I can give to young aspiring bodybuilders. If you want to grow, you better incorporate squats and deadlifts into your workout routine. For overall muscle development and total conditioning, no other lifts equal the squat or deadlift when you consider total muscle fiber recruitment, power output and work capacity, energy expenditure or core stabilization. These two exercises simply must be a fundamental part of any training split if you are serious about making progress. There is no question as to whether you should include them in your arsenal of exercises. The real question is how to incorporate them into a routine that allows you to maximize the benefits of both exercises.

You probably recognize that performing numerous sets of squats or deadlifts to failure will leave you absolutely exhausted. For that reason, I choose to perform the two lifts on different days of my workout split. Both exercises place a strong emphasis on the lower body. Squats, with the exception of upper body stabilization, are a lower body exercise, with heavy involvement of the quadriceps, hamstrings and gluteal muscles. Deadlifts involve these same muscle groups as well with a greater emphasis on the hamstrings, glutes and lower back. I should recognize that the degree of emphasis on muscle groups in the lower half with either exercise definitely depends on the variation. Deadlifts can be done with a traditional stance using a barbell, sumo style, using a trap bar or stiff-legged. Depending on your squat stance, the emphasis can be shifted toward either the front or back of the legs. These are things to consider in how the two exercises fit into the rest of your workout split.

"Regardless of the style, deadlifts engage as much muscle in the upper body as they do in the lower body, with the primary emphasis being on the back muscles (*latissimus dorsi, trapezius, rhomboids, posterior deltoids, teres major*). For that reason, many would choose to make deadlifts a part of their back day. I used to follow this same logic, but I changed my approach for two reasons. First, when I hit multiple sets of deadlifts to failure, the upper body muscles were so exhausted that any targeted back work performed after that was not optimized. Second, because any type of deadlift engages the hamstring, glutes and *erector* muscles (lower back) so effectively it makes more sense to have this exercise as part of a lower body workout.


PHOTO BY REG BRADFORD

"At this point, I want to recognize that as a bodybuilder, you cannot have too much legs or back. With these two groups, the bigger the better! For that reason, I allocate two out of four workout days toward the lower body while also having two out of four days that involve back muscles. One of my lower body days places a greater emphasis on the quadriceps while the other places a greater emphasis on the hamstrings, glutes and lower back. I do barbell squats with the leg workout emphasizing quads, while I do either trap bar or stiff-leg barbell deadlifts with the lower body workout emphasizing lower back, hamstrings and glutes.

My workout split is as follows:

- Mondays: Shoulders and back, plus supplementary arms;
- Tuesdays: Quads, hamstring, calves (squat day);
- Wednesdays: Off;
- Thursdays: chest, triceps, biceps;
- Fridays: Lower back, hamstrings, glutes, forearms (deadlift day).

"Note: I should mention that I do not perform both heavy squats and heavy deadlifts in the same week. I alternate weeks. I will do heavy trap bar deadlifts on Friday every other week. On the in-between weeks, I perform stiff-legged deadlifts (SLDLs). Heavy squats are done (on Tuesday) in the same week I perform SLDLs on Friday. The weeks that I do heavy trap bar deadlifts on Friday, I focus on other leg movements such as leg press, bear squats, squat machine, H-Squat during my Tuesday leg workout. This is the system that has worked quite well for me for some time. It has enabled me to gain strength on both lifts, gain muscle and avoid overtraining or injuries."

WNBF PRO AMY LLINAS LYNCH ON CONTEST PREP

"Contest prep usually begins approximately 12 weeks prior to a show for me. I first begin by increasing my cardiovascular training to six days a week. I prefer to engage in my cardio training first thing in the morning, and I never perform cardio for longer than one hour. I am very fortunate to work at Fitness Incentive in Babylon, N.Y. (we offer more than 150 classes per week) therefore I am able to


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keep my cardiovascular training fresh and versatile. Carrying out my cardio training first thing in the morning sets up my metabolic rate for the day, as well as gives me the mental edge I need to maintain my clean diet for the remainder of the day.

"I gradually begin altering my nutrition 12 weeks prior to a contest. Over the years, I have experimented with a variety of pre-contest diets. Of all the different pre-contest diets, following a diet consistent with my blood type has proven to work the best. For my blood type, I function best while nourishing my body with a high protein, moderate complex carbohydrate, and moderate fat intake diet. I am very sensitive to the carbohydrates that I ingest, thus I cut out all carbohydrate intake three hours prior to bedtime.

"The timing of all of my nutrients is also a key factor for me to obtain a championship level physique. Everyone is different, no two bodies are the same. In order to achieve a professional caliber physique, you need to spend time with your own body. Research, study, follow a meal plan and find what works best for you.

"There are also many fitness professionals available for hire to help guide you along the way. Todd Ganci of Professionaldiets.com and Dr. Joe Klemczewski are both great mentors just to name a few. I worked with Todd Ganci prior to winning the WNBF World Figure Title this past November. Todd believes in nourishing your body with foods that are beneficial based upon your blood type. I am a big meat eater, and my body can handle breaking down higher amounts of protein that is synonymous of my blood type. I have even had blood work done to monitor my liver function and have had no liver function elevation while ingesting as much as 200 grams of protein per day.

"Weight training is a way of life for me, I could lift all day long versus performing an hour of cardiovascular training. I love lifting! My training changes slightly prior to a competition. I have just begun lifting heavy weight again. I am always mindful of my joints, tendons and ligaments when using a heavier weight. I had to wait close to a year after giving birth to my daughter,



PHOTO BY TREVOR HOWELL/323 PHOTOGRAPHIX

Bella to actually lift "heavy" again. It took a long time for my body to stop producing the luteinizing hormone *relaxin,* which is produced pre/post childbirth, allowing your ligaments to loosen as your pregnant body expands in preparation for childbirth.

"A perfect training week for me begins with focusing a body part that needs improvement. For example, I need to thicken my lats and add more of a cap on my delts. Consequently, I begin my week with a back workout or a delt workout. I tend to focus on two weeks at a time. During week one, I lift heavier weight with a moderate rep range consisting of 8-12 repetitions of 3-4 sets. On week two, I decrease the weight and perform 15-20 repetitions of 3-4 sets. I keep my training sessions very intense, I always tell myself, "You have been through harder things in life than this workout, now stop making excuses and get to it!"

INBF CANADA'S CHERYL GLATTACKER

"My training style has often been referred to as innovative and unique. I lift heavy and do the standard mass building exercises like any other natural bodybuilder, but what differentiates my training is how I think when I train.

"Being in tune with my body and knowing exactly what kind of body I want to build drives me to constantly tweak the exercises accordingly. Just the other day I was doing bent over rows on the Smith Machine, which can be boring, but I engaged my mind to get results. I lessened the weight, got into a relaxed pose, flared my lats and then finished the sets.

"Think about how your body reacts or does not react to your exercises, re-evaluate your form and change your angles for more effective results. For example, instead of using a leg extension machine, do a declined leg extension with a dumbbell between your feet and then turn it around and do the same for a hamstring curl. Utilizing different equipment at unique and challenging angles will engage and work your weaker muscles that typically get neglected when doing mass building or multi-joint exercises." ★

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CHOOSING AN APPROPRIATE STRATEGY

NLP. PHAT. HIT. Westside. HVT. Max-OT. Sheiko. There are so many different training systems available to natural athletes, it's mind-boggling. When I first picked up a barbell in 1979, I followed a book called *Bodybuilding For Everyone* by Lou Ravelle. It was a very basic program that recommended 4-5 sets of 10-12 reps of basic exercises performed three times per week. And that was the general guidelines given out by almost all the experts back in the day.

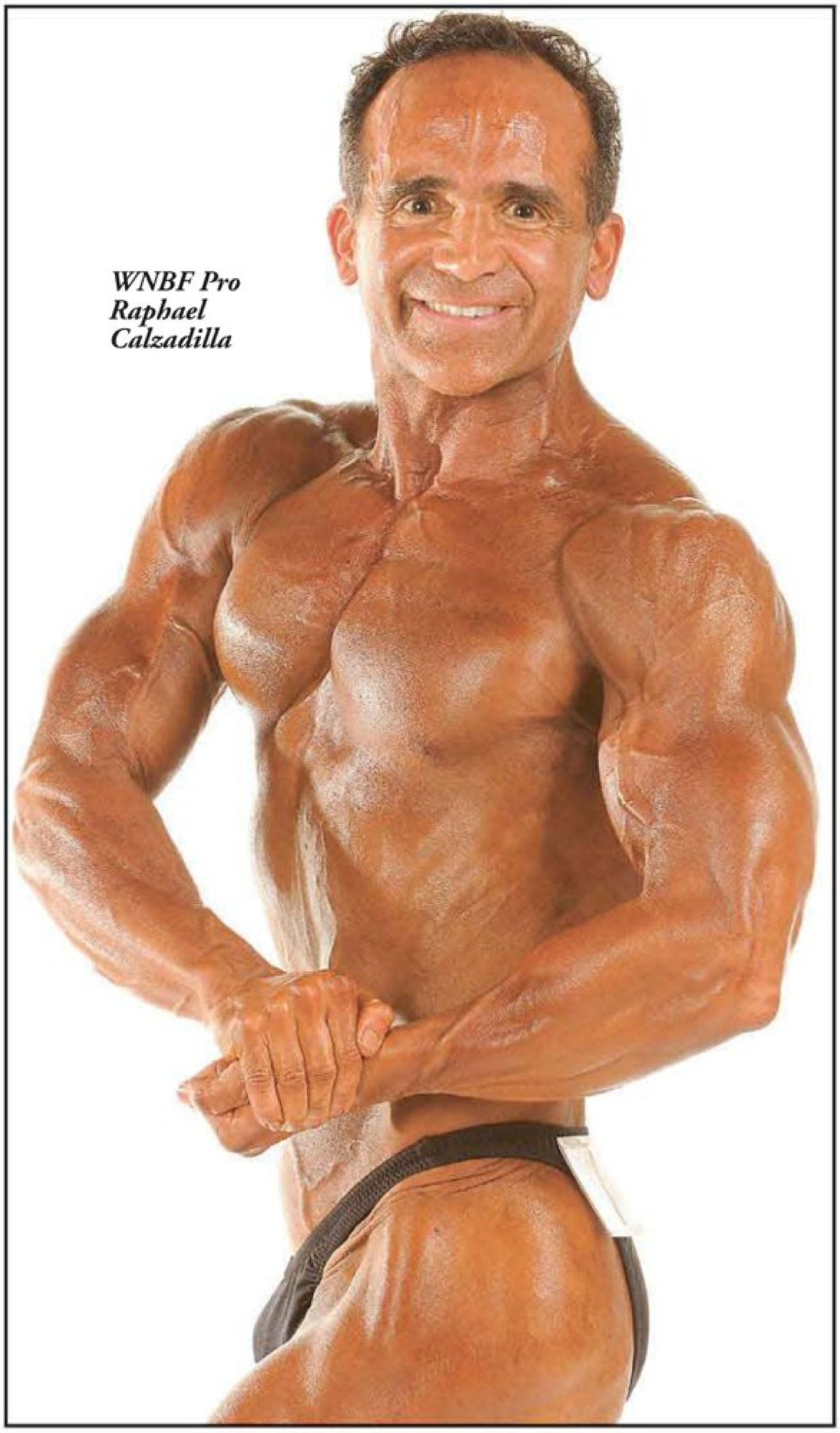
Then, a few years later, I discovered high-intensity training and my progress immediately took off. Brief, abbreviated workouts worked well for me during my competitive years, and now, at 44 years old, they are a necessity. I know I cannot perform a high-volume workload or I would quickly overtrain my muscles. I also know that high volume training tends to aggravate some nagging repetitive-use injuries. My type of training is similar to WNBF pro Bert Harrop and INBF star Michael Lipowski.

While I was in Italy last October, I had the pleasure of training at NBFI President Sandro Ciccarelli's beautiful Olympian's Gym along with The Giant Killer, Shaun Clarida. This experience got my wheels turning about how different each natural champion trains. Shaun was training for the upcoming WNBF Worlds and I had the chance to watch and learn from him as he went through his paces at the gym every mid-morning. I observed that he performed lots of sets and reps and performed a number of partial movements and drop sets. In Shaun's words, he is "all about the volume" and nobody will argue with his results. At 29, Shaun has developed a physique that is in the discussion for the world's best. And high-volume training has worked well for top pros like U.S. Cup champ Kurt Weidner.

I also had an opportunity to observe some of the terrific Italian bodybuilders work out and many of them had different training systems. Many were periodization-based routines that were carefully mapped out and meticulously charted. There was a distinct Olympic lifting influence to them. Dr. Joe Klemczewski and Team K are huge proponents of non-linear periodization.

Based on 30 years of my own experience, I can offer you some guidelines that may help shed some light on the subject. Some self-assessment is necessary. You must ask yourself how much time do you have to devote to training. If you work full-time and have a physically demanding job, you need to consider how this will affect your recovery.

Age and injuries will factor into your training. An older athlete has a harder time recovering from high-volume workouts. As you age, you also tend to lose power and strength due to *sarcopenia*, the naturally occurring loss of muscle due to the aging process. Fast-twitch muscle fibers are the first to be affected, so there will be a decline in your top-end strength.



WNBF Pro Raphael Calzadilla

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One of the biggest challenges I faced in my own training was recovering from back surgery in 1999. After my surgery, I had to limit my squats, deadlifts and overhead pressing to avoid aggravating the injury. If you have a history of injuries, you will need to examine if the type of training you select will increase the risk of re-injury.

Your personality is another factor that is often overlooked. Some athletes do not have the ability to push themselves to failure consistently for either psychological or physiological reasons. For others, staying in the gym for 90 minutes leads to boredom and disinterest. Everyone's mental and physical make-up is different, so this must be considered before you decide on a training protocol.

While trial and error seems to be the way most natural athletes form their own training strategy, asking yourself these important questions can help steer you in the right direction and save you valuable time on your way to the top of the sport. ★

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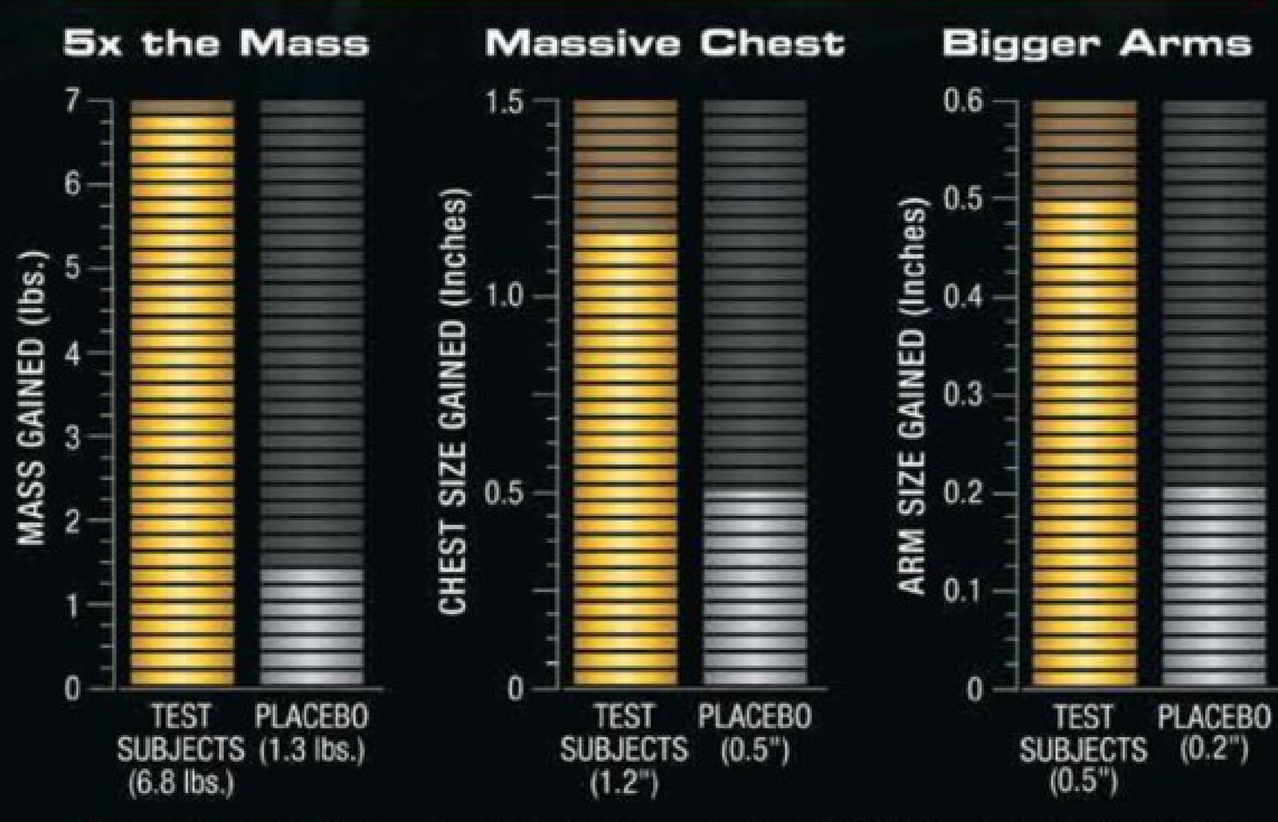
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By Joe Klemczewski, Ph.D.

SCIENCE OR FICTION?

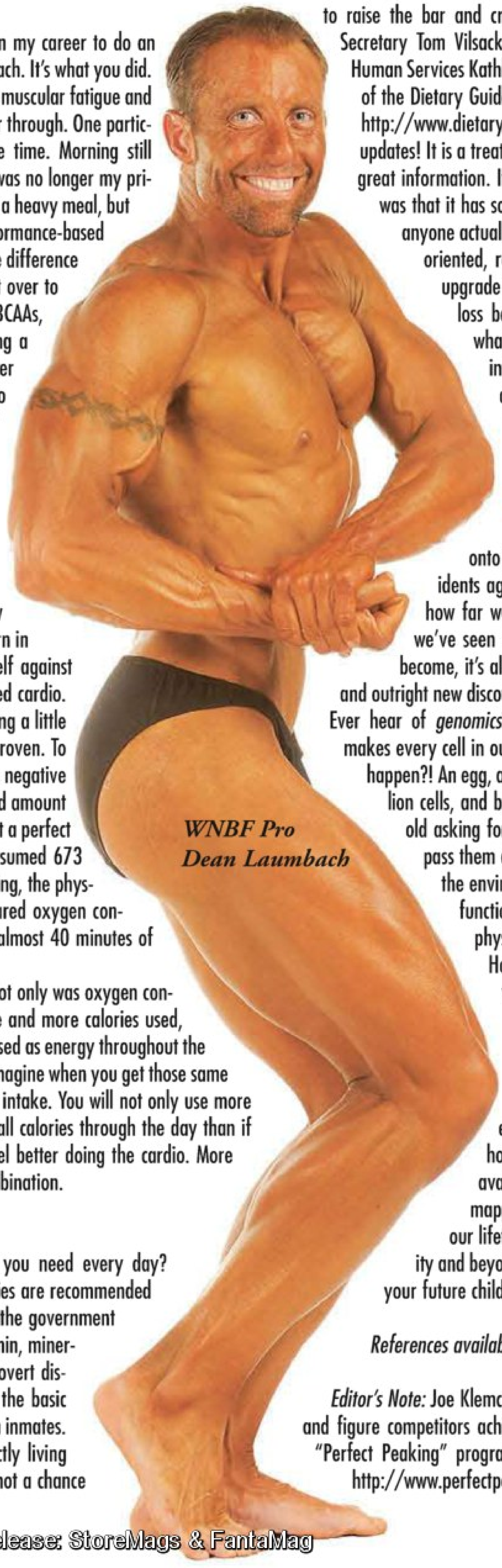
EAT BEFORE CARDIO

Like most competitors, I was advised early in my career to do an hour of cardio every morning on an empty stomach. It's what you did. The noticeable lack of energy – and I mean true muscular fatigue and depletion – was just something you had to suffer through. One particular offseason, I decided to work on my mile time. Morning still worked best for my schedule, but body fat loss was no longer my primary goal. I didn't want to be bogged down with a heavy meal, but I knew some food would be necessary for performance-based cardio. Eating 15-20 grams of carbs made all the difference – I even got to a 6:08 mile. I carried that habit over to pre-contest work and began using 4-5 grams of BCAAs, along with 10-15 grams of carbs after spending a few miserable weeks back with fasted cardio. After experiencing the energy boost with pre-cardio carbs, I just couldn't tolerate the drudgery of fasted work. When I added the carbs back in, my heart rate moved higher sooner, I sweated much more and my real work output was tremendously greater. You've felt the difference – strong, effective cardio versus barely being able to put one foot in front of the other. It made sense to me that I was spending a few extra calories to likely use many more as a return in expenditure. And I knew I was buffering myself against muscle loss at least a little more than with fasted cardio. It's always a shock to clients when I suggest eating a little before cardio, but finally my theory has been proven. To be fair, there have been studies showing positive, negative and neutral impact on performance, but type and amount of food has to be considered. Even this study isn't a perfect match for fat-loss goals – the study group consumed 673 calories. Though hardly the size I'm recommending, the physiological parallels are there. Researchers compared oxygen consumption and substrate utilization both during almost 40 minutes of treadmill work and for 24 hours thereafter.

The results were consistent and persuasive. Not only was oxygen consumption higher, meaning more work was done and more calories used, but a higher percent of body triglycerides were used as energy throughout the entire day due to a higher resting metabolism. Imagine when you get those same effects, but relative to a more moderate calorie intake. You will not only use more calories than you ingest, you'll burn more overall calories through the day than if you had performed fasted cardio and you'll feel better doing the cardio. More energy and more effectiveness – not a bad combination.

USDA GUIDELINES UPDATED

Have you ever looked up how much zinc you need every day? Calcium? Are you familiar with how many calories are recommended for the average male or female? Decades ago, the government commissioned a study to see what levels of vitamin, mineral and nutrient intake were needed to prevent overt disease and malnutrition. They did this to ensure the basic needs were met for people in their charge: Prison inmates. Merely staying alive and scurvy-free isn't exactly living optimally. The government has woefully undershot a chance to raise the bar and create healthy standards for Americans. Agriculture Secretary Tom Vilsack and Secretary of the Department of Health and Human Services Kathleen Sebelius announced the release of a new version of the Dietary Guidelines for Americans this year and I excitedly ran to http://www.dietaryguidelines.gov in anticipation of some fantastic updates! It is a treatise on basic nutrition, weight control and has a lot of great information. It really is worth taking a look at. What I didn't like was that it has so much information you can get lost in it. I can't see anyone actually reading it all. Instead of being useful, bullet point-oriented, research-based data to be used as a cornerstone to upgrade our standards, they basically tried to write a weight-loss book. Good information – I'm glad they organized what they did and put it out there, but breaking it down into handy bites will be left up to others. It's an academic position paper seemingly put in place to say, "There, we did it – check," but there's no application. I hope it's used to create momentum.



PLASTIC DNA?

Just over 100 years ago, the first car rolled onto the highway; I mean the dirt road. Forty-three presidents ago, we were "bleeding" patients with leeches. "Look how far we've come" doesn't begin to describe the advances we've seen in an incredibly short time. As deep as science has become, it's also growing wider. New fields of study, new branches and outright new discoveries are changing everything we thought we knew. Ever hear of *genomics*? How about *epigenetics*? Obviously DNA is what makes every cell in our body what it is. Look at your child – how did that happen?! An egg, a sperm, an ovum, four cells, 16 cells, 32 cells, 60 trillion cells, and before you know it – BAM! – you've got a 17-year-old asking for the car keys. Genetics are genetics, right? We just pass them along. Maybe not quite. Researchers are finding that the environment cells grown in can drastically alter form and function. When you think about it, it seems logical. It's physics. Everything can be changed by the environment. However, we're not talking about genetic mutations, which are passed down the family tree, but subtleties. Can a pregnant mother who consumes a high-sugar diet create a child more prone to diabetes? Yes. Obesity, cancer, diabetes and even things like hair color can be affected by the mother's food intake. How about the guys; are they off the hook? Nope. Sperm are created every day and the available nutrients and environment are factors. The mapping of the human genome was a game changer in our lifetime. Health and medical sciences are going to infinity and beyond. Take care of your health not only for you, but for your future children. ★

References available upon request.

Editor's Note: Joe Klemczewski, Ph.D. is a WNBF Pro who helps bodybuilders and figure competitors achieve their best condition through his unique online "Perfect Peaking" program. Dr. Joe can be contacted through his website, http://www.perfectpeaking.com.

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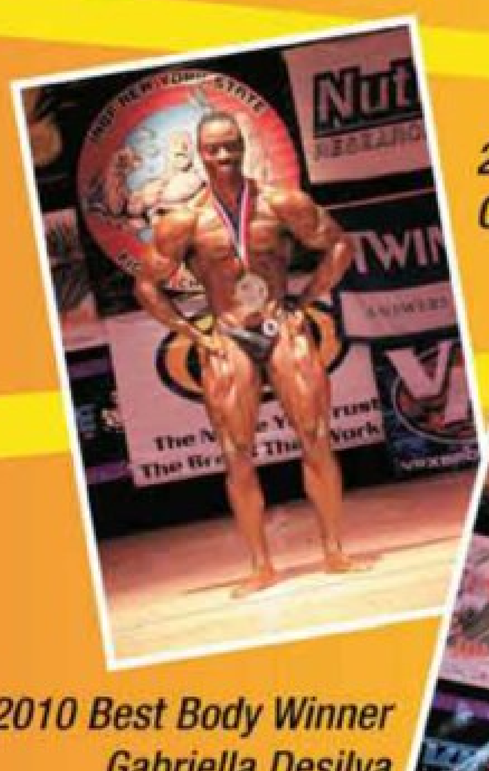
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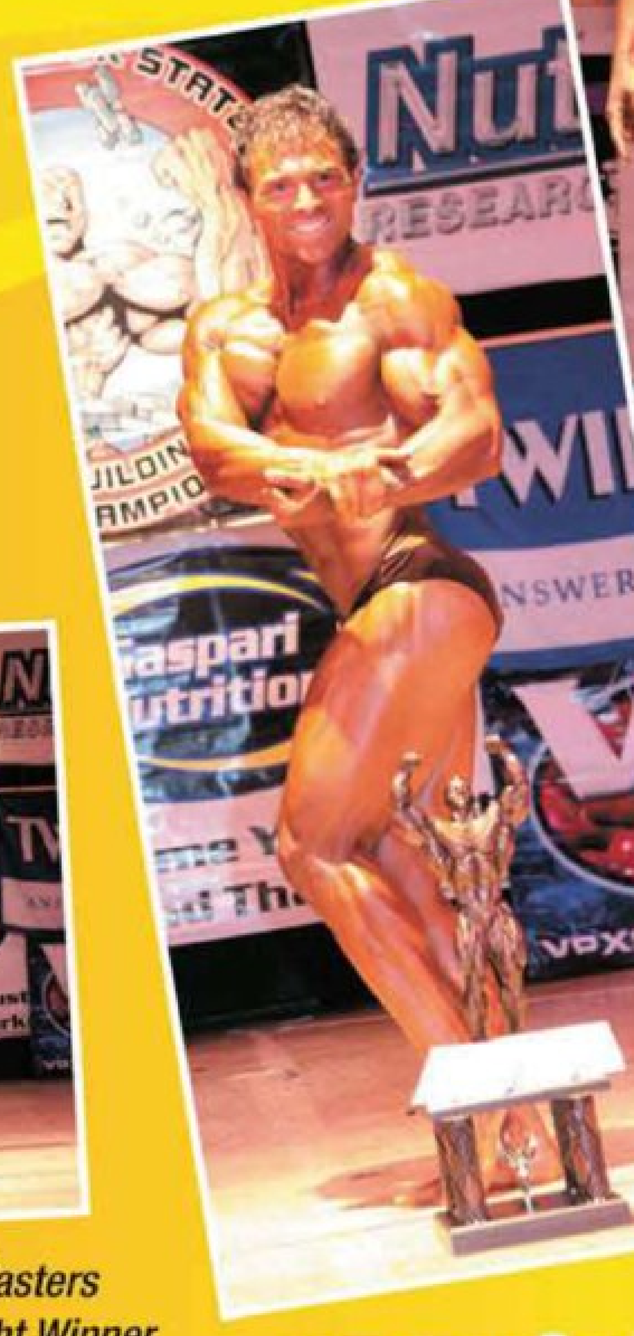
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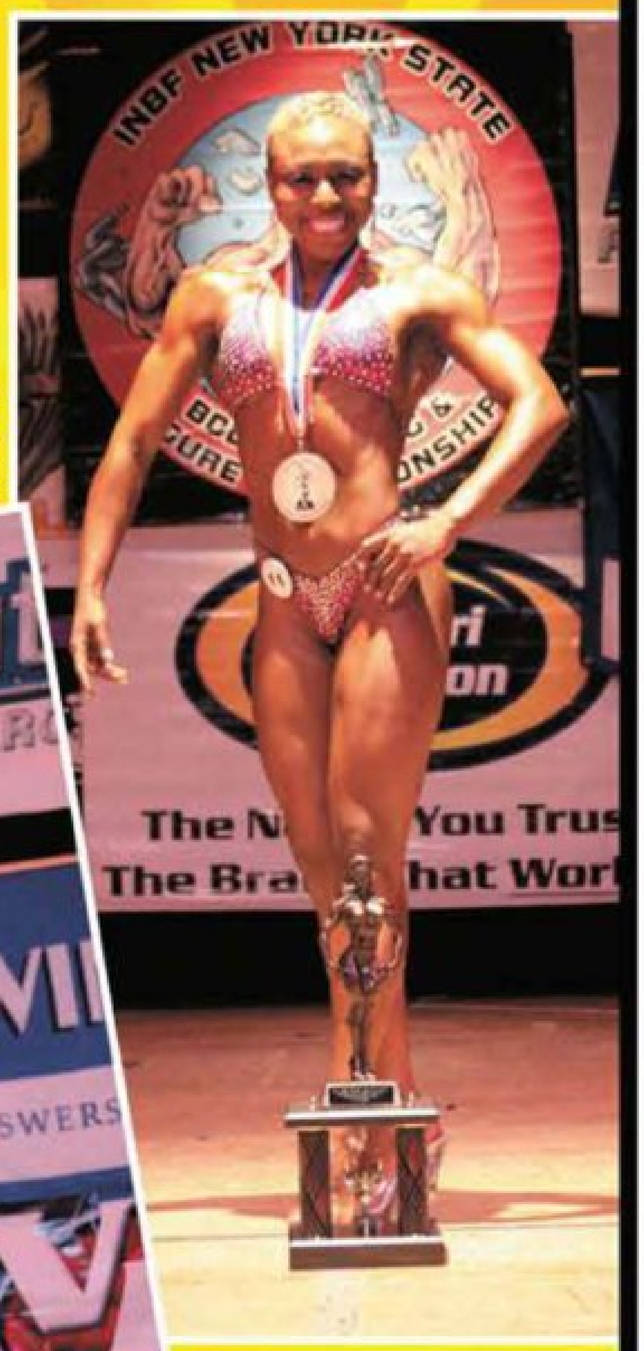
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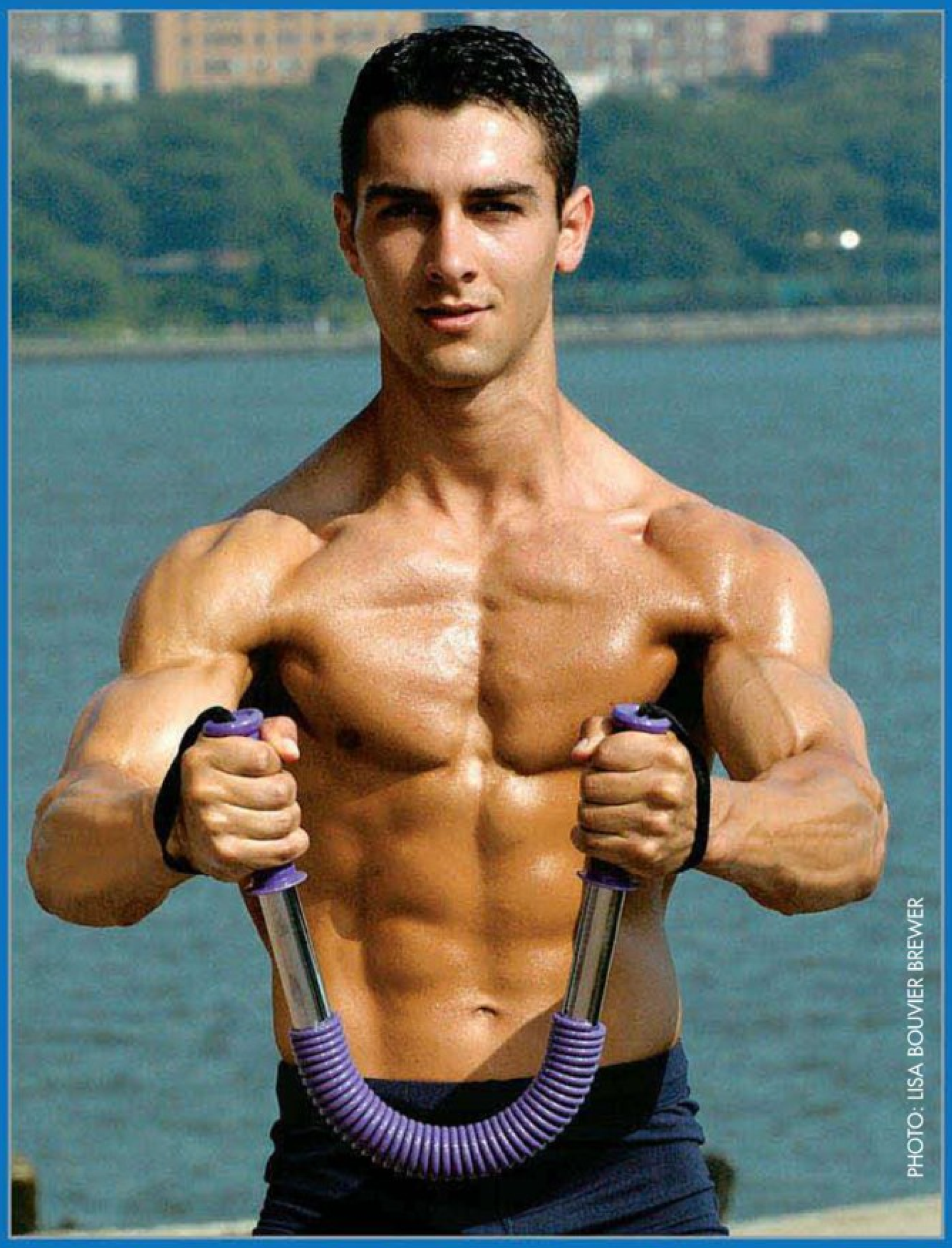
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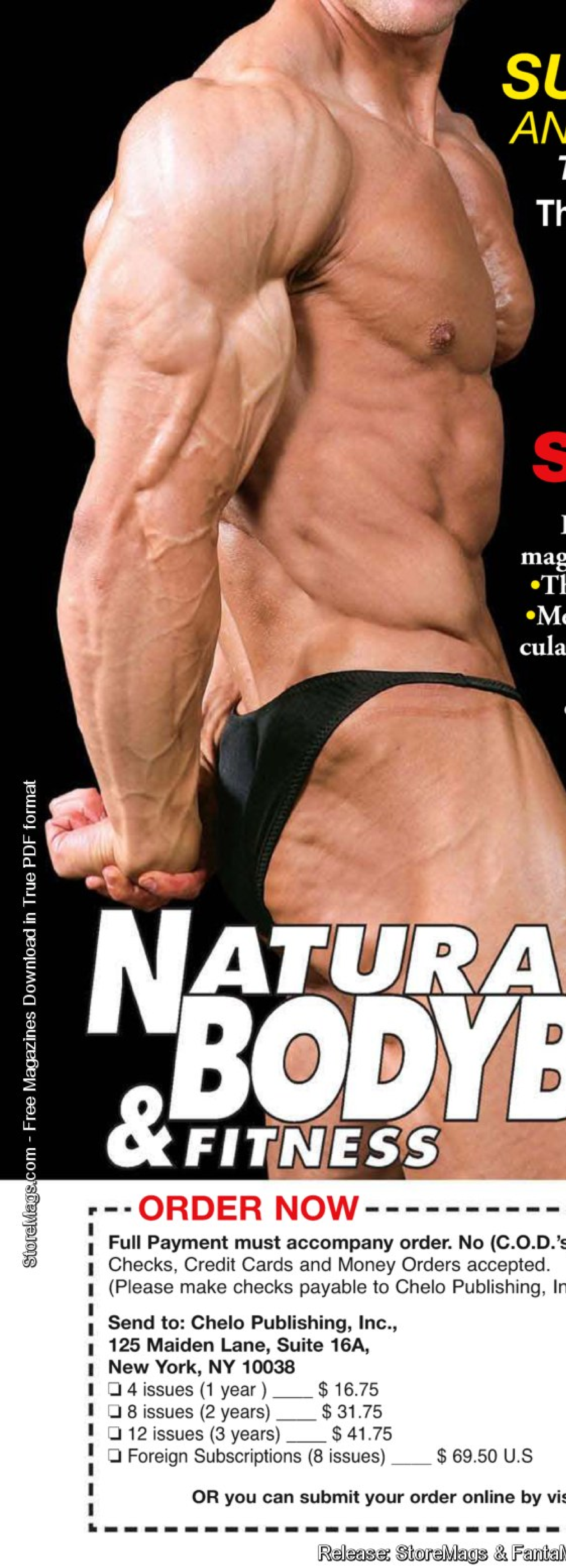
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THE NO-FLY ZONE



Muscle-Tech Superstar Jim Cordova

READER WARNING: *This article may be a bit edgy. I am not trying to offend anyone, but I do want to address a few things and the tone here is meant to provoke some critical thought of the issues. As I write this, our nation is aggressively enforcing a "No-Fly Zone" over Libyan airspace. We could argue the politics of it, but there is enough of that in the media. And while my support of the United States and our military is unwavering in every sense of the word, right now it would be more useful to talk about another kind of "No-Fly Zone" that we should deploy in our beloved sport of drug-free bodybuilding.*

This sport has some weird phrases and beliefs. Beliefs that honestly compromise how many people view our intelligence as athletes and as people. I propose we institute a "No-Fly Zone" of our own on these things – once and for all. Here are a few things that I would like to see go away. Forever.

The term "pre-exhaustion." It gets thrown around a lot – mostly in terms of fatiguing a muscle on purpose before a certain exercise. While the physiology behind the thought is not entirely without merit, the term

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makes no sense. "Pre" means before. So directly translated it means "before exhaustion." Think about it. You are exhausting a muscle on purpose. That is not "pre" anything. That is just exhaustion.

The term "re-feed." This might be the worst offender of the bunch and it has seeped into every corner of the sport. Generally speaking, this is a phrase that is used to describe a meal or day of higher food intake, most commonly a higher carb day. Dr. Joe Klemczewski has often commented on this and I would like to re-visit the topic. Note how I used "re-visit" in a way that makes sense. Because "re-feed" does not. "Re" means again and directly translated "re-feed" means "again feed or feed again." Well, you are not feeding again. You are simply feeding, albeit with a higher amount of food. This one is pretty bizarre.

The term "offseason." As a competitor, do you really have the luxury of an offseason? I would say no. And furthermore, do you even want an offseason? I would say most do not. Why? Because we are continually striving for improvement. Now, there is a time when you are done with your contest season. But the day after your last show is when your pre-season begins. At that moment, you start to train for your next show, even if it's months or years away. When we retire, we'll have an offseason. Until then, we are either inseason or pre-season.

The notion that lifting straps are bad. It is a commonly held belief that using straps to assist your grip is a bad thing. I would argue the opposite. This sport is one that is based on muscle development and muscle development is dependent to a large degree on the weights being lifted. If you limit your back or leg development knowingly because you want your forearms to develop more, that is just fine. But as a judge, I have never seen someone lose a show because their forearms were too small. But people lose shows every weekend because their legs or backs are too small. So, while the hardcore, raw powerlifters of the world may fight me for this one, I propose that you all get a grip-aid of some sort. It will help your bodybuilding.

The notion of "holding some water." Simply said, it is not water. It is body fat. Human skin is very thin. When devoid of body fat, it looks like tissue paper. So, if your skin does not look like that, then you have some fat there. The notion of "holding water" has been propagated by the drug-using community because those drugs do actually cause some sub-cutaneous water issues. But drug-free athletes do not battle that. Our kidneys regulate fluid dynamics very precisely to keep us alive and well. So unless we are talking about a menstrual cycle (where hormones do cause some sub-cutaneous retention in some individuals), more than likely the "water" you see is not water. It is just body fat. But the good news is that with good solid dieting and training, you can get rid of it.

The notion of "holding some water." Simply said, it is not water. It is body fat. Human skin is very thin. When devoid of body fat, it looks like tissue paper. So, if your skin does not look like that, then you have some fat there.

Post-competition binging. Okay, now you guys are going to get angry. But bear with me. I've been involved in this sport for almost 10 years now. One of my first memories in the sport was of a friend going to a well-known restaurant after we left his first show. He binged on pizza and junk food in a pretty big way. I remember pulling my Jeep to the side of the road so he could puke on the way home. To my knowledge, he had never puked on the way home from a restaurant before due to over-eating. That is a nice little microcosm of this issue. I suspect that bodybuilders have engaged in this binging behavior since the beginning. And the scary part is that it is readily accepted as normal.

Rest assured, it is in no way normal. If you went out to eat and sat there with your spouse watching somebody binge on 10,000 calories of junk, I doubt you would think that is normal. And while we as bodybuilders may feel entitled to do that after a tough diet, that does not mean it's a good thing. A sense of entitlement is dangerous in every avenue of life and it is no different as it is applied here. We have all heard the stories or seen people we know gain five, 10 or even 20 lbs. within a day or two of a show. Not once have I ever received an email from someone who was happy they did that. The reality here is that after a long diet that ends with you at very low bodyfat levels, your system is literally primed like never before to store body fat. Your fat cells are sitting there like sponges, your metabolic rate is suppressed and your hormonal environment is begging for food to turn into body fat. You can and will store fat at a very alarming rate.

So, although the post-competition binge may seem normal, it is not normal – nor is it wise. You will undo months of work in a few days. And in the event you have another show in a few weeks or months later, you'll compromise that show with one binge "event" because you will have to diet more to get rid of the fat you store. And more diet, means more catabolism, which means less muscle. When you come off a show, go enjoy some food if you don't have another show coming up. Eat a nice, reasonable and normal sized meal. You will wake up the next day just as hard and tight as you did the day of the show. You'll feel like a million bucks, while the guy in the room next to you is really unhappy. So if the post-contest binge is normal, sign me up for being abnormal. As for our "No-Fly Zone"? As of press time, our military was expanding it further south, deeper into Libyan territory. We should do the same by expanding ours as much as need be to keep our reputation as intelligent athletes intact. ★

Editor's Note: Sean McCauley, C.S.C.S., C.I.S.S.N. is the program director of The Diet Doc and spearheads the Team Klemczewski Online Training Program. He can be reached via email at sean@thedietdoc.com.

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Judges: Dr. Rick Silverman – Head Judge, Jim Broderick, Sheila Resendes, Laura Tourtellot, Jody Poirior & Kim Nobrega

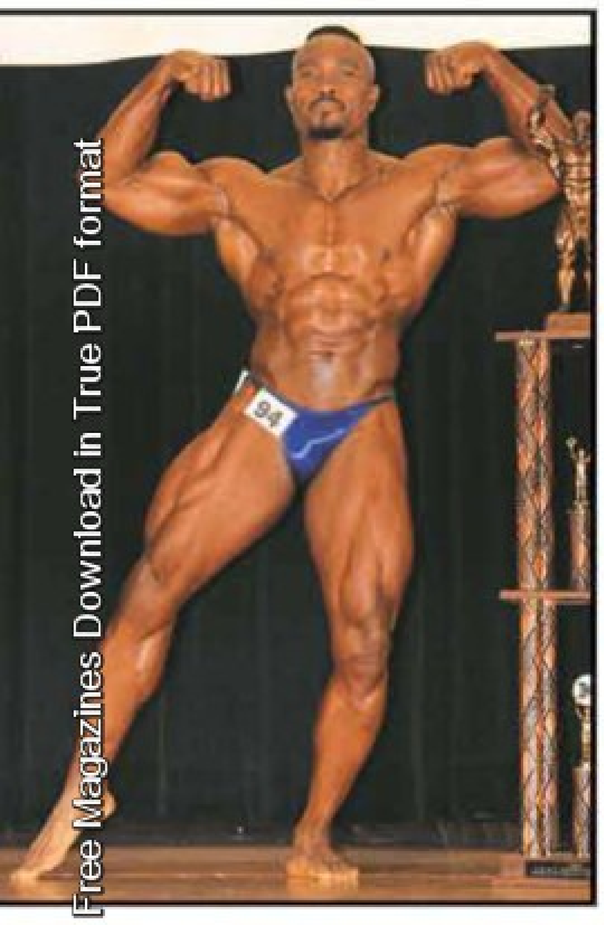


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RESULTS

Grandmasters Men
1st – David Bagoon
2nd – Reynolds Shepherd

Masters Men
1st – Eric Rodriguez
2nd – Keith Ramus
3rd – David Bagoon
4th – Reynolds Shepherd
5th – Douglas Almanzar
6th – Brian Regan
7th – Glen Nazarian
8th – Tim Ruggles
9th – Daniel Gomes
10th – Mark Storti



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NOVICE MEN

Lightweights
1st – Brian Regan
2nd – Joe Desimone
3rd – Evan Marcantonio
4th – Tim Ruggles
5th – Daniel Gomes
6th – Marcelino Montes
7th – Gianni Palanca

Heavyweights
1st – Derek Howell*
2nd – Adam Perrault
3rd – David Bagoon
4th – Chris Grgach
5th – Adam Rose
6th – John Perrault

OPEN MEN

Lightweights
1st – Charles Smith
2nd – Travis Light
3rd – Glenn Nazarian



Middleweights
1st – Ken Akey
2nd – Eric Rodriguez
3rd – Mike Falcone
4th – Reynolds Shepherd
5th – Douglas Almanzar
6th – Mark Storti

Light-heavyweights
1st – Frank Anderson*
2nd – Jaime Rivera
3rd – Zach Dery
4th – Greg Notaro
5th – Daniel Kolodziej
6th – Dan Collins
7th – Peter Munoz Bennett
8th – Chris Poirier
9th – Mike Prudente





Heavyweights
1st – William Moore
2nd – Keith Ramus
3rd – Nathan Filipiak

OPEN WOMEN

Lightweights
1st – Tricia Countie*
2nd – Regina O'Brien
3rd – Jennifer Finn
4th – Poppy Gillingham

Heavyweights
1st – Julie Soar
2nd – Tara Faria
3rd – Erin Duggan
4th – Tracy Carson



Masters Women Bodybuilding
1st – Tricia Countie
2nd – Tracy Carson
3rd – Regina O'Brien
4th – Poppy Gillingham

BIKINI

Short
1st – Sharon McEntee
2nd – Pamela Trow
3rd – Melissa Lambert
4th – April Pelletier
5th – Lindsay Mattos
6th – Lauren Pond
7th – Kristen Pizzi

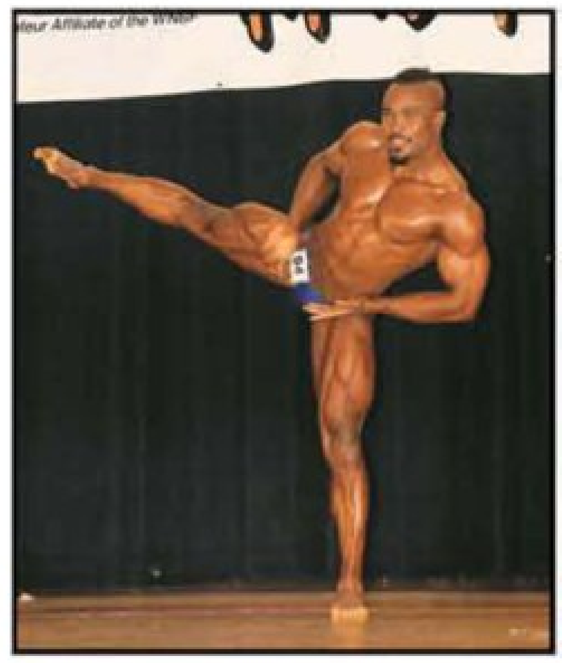
Tall
1st – Stacey Schaedler*
2nd – Kristen Sama
3rd – Acela Kuandykova
4th – Colleen McGrath
5th – Meridith Timony
6th – Naomi Godfrey
7th – Dawn Sanders
8th – Liz Adams

Masters Bikini
1st – Julie Harris
2nd – Judy Oliver
3rd – Dawn Sanders
4th – Naomi Godfrey
5th – Effie Quinones

Novice Figure

Short
1st – Colleen Shellgren Burns
2nd – Pamela Trow
3rd – Lindsey Mattos
4th – Beth Cafferty
5th – Danielle Holmes
6th – Julie Harris
7th – Judy Oliver
8th – Donna McVeigh
9th – Lauren Pond
10th – Ala Boyd

Tall
1st – Tracy Rabbitt*
2nd – Andrea Cote
3rd – Emily Wirling
4th – Jen Christiansen
5th – Courtney McDonald
6th – Alison Thomas
7th – Naomi Godfrey
8th – Meridith Timony
9th – Kelly White
10th – Effie Quinones
11th – Liz Adams



Open Figure

Short
1st – Naomi Mattingly
2nd – Kathleen Berney
3rd – Thea Knust
4th – Renee Repetti
5th – Amy Lee Powell
6th – Lora Giannoulis

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7th – Cindy Giguere
8th – Nicole Nord
9th – Jessica Chase
10th – Tiffany Sanders

Tall
1st – Kristin Dagilis*
2nd – Erin Gelinas
3rd – Lynn Rousseau
4th – Lisa Lewis
5th – Tara Faria
6th – Marina Fabrizio
7th – Benetta Taylor
8th – Lisa Thomas
9th – Nahla Soliman
10th – Tatyana Merkuryer

Masters Figure
1st – Tracy Rabbitt
2nd – Lynn Rousseau
3rd – Andrea Cote
4th – Kathleen Berney
5th – Thea Knust
6th – Benetta Taylor
7th – Cindy Giguere
8th – Julie Harris
9th – Judy Oliver
10th – Alison Thomas
11th – Naomi Godfrey

Fit Body

Short
1st – Tricia Countie*
2nd – Kathleen Berney
3rd – Colleen Shellgren Burns
4th – Cindy Giguere
5th – Lora Giannoulis
6th – Beth Cafferty
7th – Judy Oliver
8th – Nicole Nord
9th – Danielle Holmes
10th – Jennifer Finn

Tall
1st – Tracy Rabbitt
2nd – Lynn Rousseau
3rd – Tara Faria
4th – Erin Gellinas
5th – Jen Christiansen
6th – Stacey Schaedler
7th – Erin Duggan
8th – Lisa Thomas
9th – Effie Quinones

Masters Fit Body
1st – Tricia Countie
2nd – Tracy Rabbitt
3rd – Kathleen Berney
4th – Cindy Giguere
5th – Judy Oliver
6th – Effie Quinones

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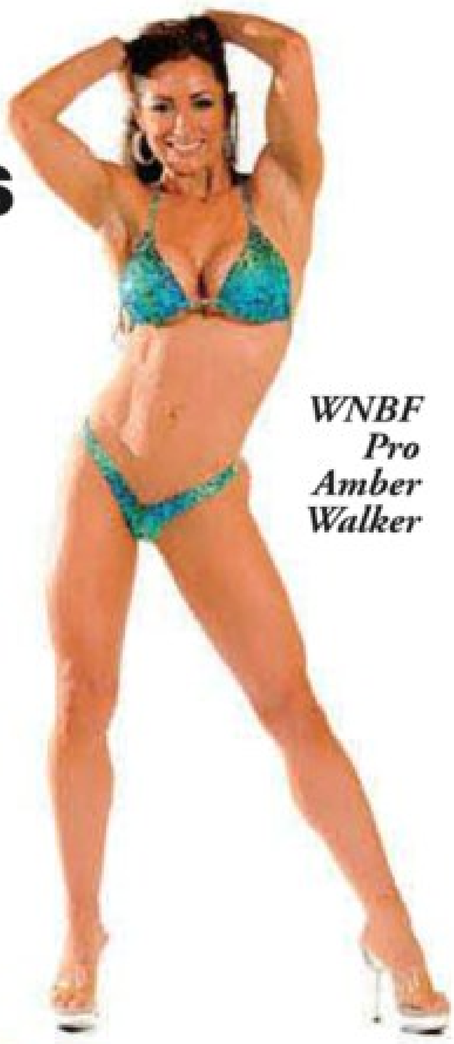
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Masters Men Over-50
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The 2010 INBF Southwestern Natural Bodybuilding and Figure Championships, Texas Fit Model Search and Fitness Transformation Contest

By Alan Leff

Say "Texas" to an outsider and they think of cowboys, cowgirls, cows and Dallas (the latter being better known as the TV series). Everything is bigger in Texas and that includes INBF events. So, July 17, 2010 turned out to be a very long day of judging, flexing and strutting in four separate competitions that were held at the Texas School for the Deaf. David Lee Nall promoted the event and the guest poser was WNBF Pro Leroy Perry.


Craig Richie

The Open bodybuilding and Figure competitions were pro qualifiers. So, in addition to being polygraph tested, each person who won the qualifiers was also subject to a urinalysis to prove they were seven years drug-free.

The Women's Fitness National Transformation competition opened the day's judging. In this event, the contestants supplied before and after photos. They were judged on the progress that they have made in the transformation of their physiques. Janelle Etherington took third, Ronna Altman second and Shelly Gager first. Shelly's inspirational weight loss journey began two years ago. She went from 218 lbs. to 160 lbs. and 15 percent bodyfat.

The Women's Novice Figure division presented four competitors in the short class and seven in the tall class. Melanie Morrissey took fourth place in the short class. Raquel Nunez took third with feminine lines. Second place went to Yvonne Silva. She showed feminine shape and just the right amount of muscular conditioning. Taking first place was Victoria Craig, whose balanced muscular condition and feminine lines added up to the win and the overall title.


Lori Pavesi

In the tall class, fifth place went to Kella Djimi. Amber Petherbridge took fourth, Amanda Hansen third, Keridon Davis second and Maria Steward first.

The Women's Masters Over-40 Figure competition presented two competitors. Tiffany Hunt's full feminine figure placed her in second behind first place Melanie Morrissey, who also placed in the top five of the novice Figure competition.

The Women's Open Figure division presented seven competitors in the short class and three in the tall class. In the short class, fifth place went to Tiffany Sipos. Jessica Perales took fourth, Jameka Byrd third, Amber Passini second and Lori Pavesi first.

In the tall class, Carol Davis took third, Miki Fisher took second and Sofia Rodriguez took first. In the posedown for the overall title and a WNBF pro card, Sofia Rodriguez came out on top.

The largest classes were in the Men's and Women's Texas Fit Model Search divisions. The Men's short Fit Model class drew 11 competitors. The top five competitors were as follows. Josh Matheny was fifth and in fourth place was Garrison Baker. Bryan Johnson placed third. His heavily muscled, mature development was well balanced and conditioned, and it looked as if he would have done well in bodybuilding competition. He also presented good stage presence, and has a handsome face and winning smile. Second place was awarded to Mark Trevino, who showed good stage presence and nice proportions. In first place was Juan Araujo. From the moment that he stepped on stage, it looked as if he was set to take the class. Though not heavily muscled, he was well conditioned and nicely proportioned.


Sofia Rodriguez

The Men's tall Fit Model class had 15 competitors. Jean Farias took fifth place and Jordan Johnson fourth. The judges could not fail to notice third place V.H. Shelton, as he often broke from the line up's statuesque posing stance and hit one muscle pose after another. In second place was Blaine Perkins and Sean Lewis took first. Sean had the best of all of the sought criteria (physical structure, handsome features and stage presence) for a pro model in this lineup. Then came the posedown. The first and second place winners of each class would face off to decide who would win the overall title and receive cash prizes. The final tally had Juan Araujo as the overall winner, receiving $500. Sean Lewis placed second with $300, Blaine Perkins third with $200 and Mark Trevino fourth and won $100.

The Women's Fit Model competition was held for two height classes. The short class had 14 women in the lineup. In fifth place was Christine Eisenbeis, and in fourth was Abby Lindermann. Kristin Whitson took third. She possessed tight athletic lines and figure. Second went to Jameka Byrd, with a really fine figure and good stage presence. Taking first place was Yvonne Silva, who possessed the best combination of the judging criteria.


Shelly Gager

The tall class had 13 competitors. Anna Counce placed fifth and Kendon Davis took fourth. Brittney Layne took third. The runner up was the striking Micki Fisher, whose glowing look and feminine form could not be denied. But it was Ashley Gay's combined features of Figure, form and proportions, as well as stage presence, that led to her victory. For the overall title, the women also had the first and second place winners in both classes compete for the same rewards as the men. The final tally here had Yvonne Silva as the overall champ, winning $500. In second, with a $300 purse was Ashley Gay. Jameka Byrd took third ($200), and Miki Fisher fourth ($100).

Women's Open bodybuilding had two weight classes. The single lightweight competitor was Margo Martinez. The heavyweights had three competitors, and in third place was Lauren Siegel. Lacy Luna took second and Jacqueline Lewis-Sevier first. Jacqueline and Margo would take to the stage to decide on the overall title, and also see who would qualify for the WNBF pro card. Martinez was rewarded with the win.

In the Women's Masters bodybuilding division, once again Ms. Lewis-Sevier met Ms. Siegel and the resulting placement did not change.

Men's bodybuilding was up next. There were four competitors in the Teen division. Adam Tucker carried the most mass in the class, but was not able to display a physique better than fourth. The brothers Quintanilla sure like to challenge one another. JC came in third. Carrying more mass, he was also smoother than his brother Isacc, who showed better torso and quad development, and placed second. The teen with the best body proportions, muscle size, balanced development and muscle separations was Alberto Vega.

PHOTOGRAPHY BY ALAN LEFF

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On to the Men's Masters division. There were two classes, one for men between the ages of 40-49 (seven competitors) and another for 50-59 (four competitors). In the Over-40 class, Jerry Buentello took fifth and Ken Lovelady fourth. Todd Tanner, who had an entertaining shadow boxing posing routine, took third. Harvey Cyphers took second and Christopher Baugh finished first.


Yvonne Silva

In the Over-50 class, Al Yurvati, who also performed a unique posing routine in the evening with his stethoscope, placed fourth. Paul Albert, with a fair torso, took third place and Roger Sciotto second. Taking first place was Sam Felts, who had good proportions and muscle separations, balanced development and also very little body fat. For the overall title it was Christopher Baugh who was qualified to enter the ranks of pro WNBF Masters' competitions.

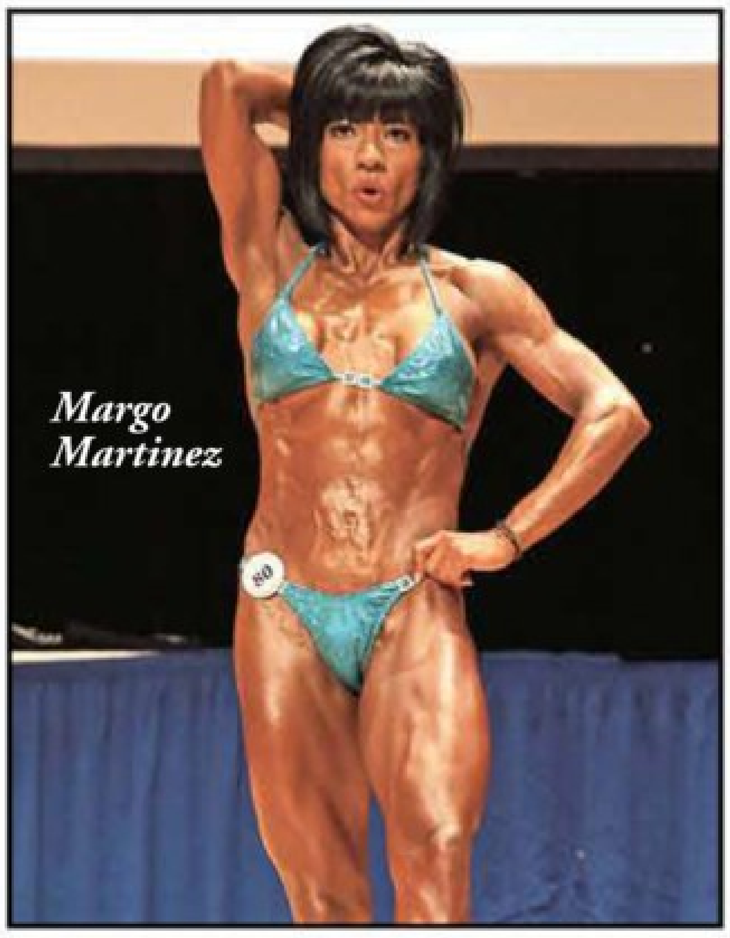
The Novice Men's division had three classes. The lightweight and middleweight classes featured five competitors each and three competed in the heavyweight lineup. The lightweight class consisted of the following men. The final score results had Imran Idross, a no-show at the evening show, placing fifth. In fourth was Mark Trevio. Though not carrying matching mass, Fernando Naranjo's physique showed a more detailed physique, which earned him third place. Micah Gil, whose brother competed in the open division, won second place. As for the first place winner Steven Colquitt, all that I can say is that he was unbeatable

In the middleweight class, Mauro Hamet was another no-show at the evening show, but Adam Tucker, from the Teen competition returned and placed fourth. Clayton Stormer appeared soft and placed third. Corie Sanders showed nice proportions and torso development, better conditioning and placed second. Orlando Garcia carried the most muscle, and showed the best conditioning to easily win first place. He had the widest lat spread that I have seen in a long time in a novice competitor. Steven Colquitt deserved the overall Novice win after the great pose down.

The Men's Open Southwestern Bodybuilding competition consisted of four different class competitions. Seven men were in the lightweights, three each in the middleweights and light-heavyweights and two in the heavyweights. The result of the lightweight class had Trian Lopez in fifth and Ken Lovelace fourth. Jerry Buentello came in third. Matt Gil, Micah's brother, appeared to have fuller muscle size, while Juan Araujo's conditioning and separations really stood out. The final tally put Matt in second place and Juan in the first place position.

In the middleweight lineup, Jared Johnson was third. In second was Christopher Baugh, from the Men's Masters. Harvey Cyphers, another crossover from the Men's Masters, took first place. The light-heavyweight class had the massive Vince Gentile in third. Second place went to Todd Tanner, also from the Men's Masters. First place was awarded to Craig Ritchie. He excelled in his side and Crab Most Muscular poses. In the heavyweights class, Dwayne Pekar took second. Showing better proportions and muscle separations was the first place winner Corby Holcomb. The Overall title and a WNBF pro card were both earned by the clear winner of the posedown, Craig Ritchie. ★

Editor's Note: Contact David Lee Nall at http://www.naturalfitnessproductions.com regarding upcoming contests.


Margo Martinez



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3X WINNER TONYA JOHNSON HAS THE BEST BODY

By Mary Gillis

Editor's Note: *Mary Gillis is an Applied Physiology doctoral student at Columbia University and Founder of Anything But the Gym, a New York City-based fitness company that encourages outside play as sustainable form of exercise. In 2009, Mary received the prestigious Fred Rogers Fellowship Award in Media and Child Health to create multimedia, health-related content for young children. She can be reached by email at marygillis@anythingbutthegym.com or by visiting http://www.anythingbutthegym.com.*

Tonya Johnson has had a stellar year. She most recently took home the Best Body title at the INBF Northeast America in Matawan, N.J. – her third Best Body title to date. Prior to that, she also won the Best Body division at both the Hercules Championship in June 2010 and at the Naturalmania in September of the same year. There's no doubt about it – this girl has been working hard. But her strategy for success is quite clever. Tonya has managed to combine her love for training with a career that suits her athletic lifestyle. Currently a personal trainer at Equinox in Scarsdale, N.Y., Tonya's clients look to her for advice and motivation. "In order to give the best advice, I must be in great shape mentally and physically . . . I take care of myself on a daily basis," she says.



As a fitness expert, Tonya understands the importance of the muscle breakdown cycle – where rest plays a key role. Each day, she focuses her lifting on a different body part while every fourth day of training is relegated to recovery. Tonya also incorporates a variety of cardio in her workout such as jumping rope, stair runs and plyometric circuits.

What's more, competition diet isn't so bad for Tonya. Her mother has always subscribed to a clean-eating philosophy – one that she naturally passed down to her daughter. "My mom made sure that while I was growing up, I ate healthy and always talked to me about the importance of taking good care of myself." For competitions, Tonya enlisted the help of good friend and trainer, Louis McCue. Louis, also at Equinox, has a Master's degree in nutrition. "He customized a diet plan, which yielded incredible results. I'm so thankful to have worked with him!"

Tonya hopes to continue her winning streak and is anxious for the upcoming year. "There's always room for improvement no matter what," she says. "So moving forward, I plan on going in just as strong and focused as I was for the last three shows." ★

PHOTOGRAPHY BY NIKOS TSAKIRIS

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TRAVEL FITNESS

It's the summertime and for many of us, that means a vacation. But while it's certainly good for you to take some time to forget about your everyday stresses, it's not good for you to take a vacation from your exercise regimen. If you don't have access to a gym or exercise equipment, don't worry. We have the following workout formulated by the Harvard Medical school that requires only a towel, chair and about 30 minutes of free time.

Be sure to warm up for at least 5-10 minutes to get your heart rate up, so it can supply your muscles with oxygen-rich blood. Start with the Alternating Reach exercise that follows and finish with some light jogging or jumping jacks.

To perform the Alternating Reach, stand with your feet hip-width apart and your hands at your sides. Reach with your right hand overhead to the left. Return your right hand to the starting position. Do this movement 10-15 times. Repeat with your left hand, reaching to the right. Perform 2-3 sets.

1. Wall push-ups. Stand in front of a wall with your arms extended at shoulder height. Place your palms against the wall with your fingers pointing upward. Bend your elbows to lower your upper body as near as possible to the wall, keeping a straight line from head to heel throughout the movement. Pause, then push away from the wall with both arms, lifting yourself back to your starting position – again keeping your body in a straight line. Perform 1-3 sets of 8-12 reps.

2. Triceps dips. Sit at the front edge of a sturdy chair with your legs partially extended, knees bent and heels resting on the floor (your toes will be off the floor). Place the palms of your hands on the chair next to your hips, and curve your fingers over the edge. Push down on your hands, lifting your hips slightly and moving them forward to clear the edge of the chair. Slowly lower yourself toward the floor, keeping your back close to the chair, until your elbows are at a 90-degree angle. Straighten your arms to return to the starting position. Do 1-3 sets of 8-12 reps.

3. Chair stand with staggered legs. Sit at the front edge of a sturdy chair with your arms crossed and fingers touching the opposite shoulders. Position your feet hip-width apart and stagger them by moving one foot forward several inches. Smoothly stand up, tightening the muscles in your abdomen and buttocks. Your knees should be straight, and your hips should face forward. Pause, then return to the starting position. After performing 8-12 reps with one foot forward, move the opposite foot forward and repeat the movement for the same amount of reps. Complete 1-3 sets.

4. Bridge with chair. Lie on your back on a towel or mat with your knees bent and your arms at your sides, palms up. Place your heels on the seat of a sturdy chair, positioned so your knees form a 90-degree angle. Relax your shoulders and back into the floor. Squeeze your buttocks as you lift your hips off the floor to make a "bridge," keeping your shoulders, hips and knees in a straight line. Pause, then slowly release to return to the starting position. Perform 1-3 sets of 8-12 repetitions.

5. Curl-ups with one leg extended. Lie on your back on a towel or mat. Place your fingertips lightly at the back of your head, elbows out. Bend your right knee, and place that foot flat on the floor while keeping your left leg extended. Tighten your abdominal muscles. Lift your head and shoulders off the floor, and curl upward. Exhale as you lift. Pause, then return to the starting position. Complete 1-3 sets of 8-12 reps.

6. Front planks. Start on your hands and knees on a towel or mat. Tighten your abdominal muscles, and lower your upper body to your forearms, clasping your hands together and aligning your shoulders directly over your elbows. Extend both legs with your feet flexed and toes touching the floor so that you balance your body in a line (like a plank). Your head, neck and spine should all be aligned. Hold for 15-60 seconds. Complete a single set.

7. Standing side leg lifts. Stand with your feet together pointing straight ahead and your hands on your hips. Tighten your abdominal muscles and slowly lift your right leg straight out to the side, squeezing the buttocks muscles of your supporting leg. Keep your hip, knee, ankle and toe in alignment. Pause; then slowly lower the leg back down. Keep your hips even throughout. (Lift your leg only as high as it will go without tipping the body to the side or lifting the hip of the extended leg.) Finish all reps on one side, then repeat with the other leg. Perform 1-3 sets of 8-12 repetitions.

8. Heel raises. Stand with your hands on your hips. Tighten your abdominal and buttocks muscles. Slowly rise up on the balls of both feet. Concentrate on keeping your ankles firm and straight. Pause; then slowly lower your heels back to the floor. Complete 1-3 sets of 8-12 repetitions.

PHOTO BY GEORGE LEGEROS

HEART DISEASE AND STRESS

You're probably stressed out on a daily basis from your job. It isn't pleasant, but unfortunately it's a fact of life. According to Harvard researchers, there is a strong link between women's job stress and cardiovascular disease. Findings from the Women's Health Study indicated that women whose work is highly stressful have a 40 percent increased risk for heart disease. The results also showed that women

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who worry about losing their jobs are more likely to have unhealthy cholesterol levels, high blood pressure and become obese. The researchers used a definition of "job strain" that combines psychological demand and degree of control. Demand refers to the amount, pace and difficulty of the work. Control means the ability to make work related decisions or be creative at work. This was not the only study linking heart disease and work-related stress.

A 15-year study of nurses in Denmark concluded that the greater the work pressure, the higher the risk for heart disease among women ages 51 and under. A similar study out of Beijing also found that job strain was associated with increased thickness of the carotid artery wall, which is an early sign of cardiovascular disease.

Researchers still aren't completely clear of how job strains cause cardiac ailments. The stress may aggravate inflammation in coronary arteries, leading to blood clots that could trigger heart attacks. Stress also makes it difficult to practice healthy habits like eating a balanced and healthy diet and exercising on a regular basis. There may also be a genetic component that comes as a predisposition for stress in some women, which simply means that some women tend to handle the stresses of life better than other women. If you're finding that your job is stressing you out more than is acceptable, try these following means to relax and make the work day go by a little bit easier.

•Foster mutually supportive relationships with friends, family and co-workers;

•Get regular exercise. It reduces anxiety and depression, while also improving sleep;

•Limit intrusions such as work-related emails outside of work;

•Practice different relaxation techniques such as meditation, deep breathing and progressive relaxation;

•If you find that you still can't get away from the stress of life, it can never hurt to seek help from a mental health professional. ★

WNBF Pro Sherri Caraccia

HEALTH NOTES

By Pete Dombrosky

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FIGURE FIRST

By Janet Marsico
WNBF World Figure Champion & Official INBF/WNBF Stage Coach

KEEP A COMPETITION JOURNAL!

I recently went through my competition journal and perused through personal notes and files. In doing this, I decided to give Figure competitors reading this column a list of instructions on how to keep your very own competition journal. To do this, I will give you a general "punch list" and follow it with some resources and contacts that can help you on your journey. *Note:* You may want to incorporate a separate journal for training and resources.

CHOOSING THE PROPER SUIT

Most suit designers will help you pick the color of your suit. Many of them live out of state, which is not an issue because you can send them your photo, height and weight and they can do the rest. Also, make sure to tell them the exact date of your show. They need this information to ensure that you are the only competitor wearing a specific color suit on your show date. As far as pricing goes, I always tell first-time competitors that it is not necessary to buy an extremely expensive suit with a ton of rhinestones. Save the big bucks for when you get your pro card because that is when you are really going to need it! A simple suit with minimal stones is sufficient for your first competition. And be sure to tell the suit designer that this is your first competition and your funds are limited. See what they can work out for you. A good price range is between $250-$300 for a basic suit. There is always time to invest in a suit that has more stones and a higher quality fabric for competitions in the future.



The styles of the suits are always the same because the INBF/WNBF have regulated two-piece suits that crisscross across the back. Once you receive your suits, I strongly suggest that you try them on. First, tie the top portion around your neck and make sure your breasts are properly in place by leaning forward and making sure the bottom part is secure, then (just like you would tie a regular swimsuit right across your back first) tie the top part around your neck loosely. Scrunch the bottom triangle six inches maximum at the bottom and the center piece should be three finger widths apart. Then, untie the back part of your suit and crisscross the strings in order to tie the left side securely by looping through the provided loop and tie a knot, leaving the string hanging. Make sure that the sides of the bottom of your suit are at the same level of your belly button. You will actually be pulling the sides up much higher than you think you should, but they must be as high as your belly button. Wearing them too low will throw off your symmetry.

To get out of your suit you will untie the right side. At this point, you will never untie the left side. Then sew the outer and inner corners of the top piece cups to the strings. This will ensure that on stage your top does not slide to the side. It will stay in place at all times. Do not cut the strings on your suit until the day of your show when you have them secured. You will be smaller and tighter the day of the show (hopefully) and if you cut them before then, you may find yourself either too short or too long. Leave about two inches and tuck the string into your bottoms. If you have any questions about this process, feel free to email me at marsico711@aol.com. I am always happy to help. Also, many suit designers now make the suits with hook and eye clasps, which are a lifesaver! So be sure to inquire if this is an option.



Make sure to keep your suits in ziploc baggies to ensure that the stones do not scratch anything in your bag and that your suit does not get ruined by any tanning products. On the day of your show, you will put Bikini Bite on your backside just under your swimsuit, (right before you go on stage, not beforehand) to ensure that your suit does not "ride" up your backside during your T-Walk or quarter turns. You can purchase Bikini Bite at http://www.houseofnutrition.com.

WHAT TO PACK IN YOUR BAG THE DAY OF YOUR COMPETITION

If possible, purchase a bag with wheels and without an arm strap so you do not ruin your tan or put too much strain on your shoulder. I suggest a Zucca bag, it has a seat right on top of it where you can sit on at any time and plenty of storage for a lot of items.

Go to http://www.skateforless.net/home.php?cat=265 for details.

■ **Swimsuits:**
CJ's Elite Competition Wear – http://cynthia-james.com.
MA Swimsuits – http://masuitdesign.com.
Fit Wear Designs – http://www.fitweardesigns.com.
Fabulous Fitwear, LLC – http://fabulousfitwear.com.

■ **Coolers:**
Six Pack Bags – http://sixpackbags.com.

■ **Stage Coaching:**
Janet Marsico – marsico711@aol.com.

■ **Hair/Make Up:**
Wanda Briggins – 212-380-3961
Amy Llinas Lynch – amyllinas777@yahoo.com.

■ **Training:**
Tyler English – http://farmingtonvalleyfitnessbootcamps.com.
Dr. Joe Klemczewski – http://www.perfectpeaking.com.

■ **Activewear:**
Deathwish Activewear – http://www.deathwishgear.com.

■ **Supplements:**
Revolutionary Technology Nutrition – http://revolutionarynutrition.com.
Species Nutrition – http://speciesnutrition.com.
James Gonzolez – http://mightymini1.com.

■ **Tanning:**
Beach Bum Tanning Salon – http://beachbumtanning.com.

■ **Photography:**
Jordan Samuel Photography – http://element-fit.com.

PHOTOGRAPHY COURTESY OF JANET MARSICO

If you are a pro, you will need a dark warmup suit or robe and resistance bands to pump yourself up backstage, as well as an evening dress and shoes (for the Worlds in November).

If you are competing in the Best Body swimsuit round, you will need two swimsuits instead of just one. Keep them in separate Ziploc gallon bags. Keep all jewelry, body glitter, etc., in the bag with the suit that you plan on wearing for the evening show.

Other items you need are Bikini Bite, scissors, vanity case, Pro Tan or Jan Tana and extra application brushes, surgical gloves, a cooler with your food and water for the day (with napkins and utensils), towels, baby wipes, Body Glaze by Jan Tana, tissues, hair spray, a curling iron, brushes, a small sewing kit, Vaseline (for your teeth), backstage flip flops, hair pins, post-show clothes and backstage photo shoot outfits.

A FEW TIPS:

•Get to the show early and get a spot backstage;

•Give yourself time to get ready before pre-judging;

•Keep yourself covered up until the last minute, just before you have to start getting ready;

•Be polite to the other girls. Remember you never get a second chance at a first impression;

•Keep your bag with you at all times. Do not leave



it unattended;

•Use Bikini Bite wherever you need to, but use it sparingly. Apply this just before you go on stage, while you are in the line up;

•Put Vaseline on your two top front teeth. This will help you with the "lip quiver" that most contestants get while onstage. Rest your bottom lip on your top teeth and you will get control over the quiver;

•Take your time – especially with the single T-Walk. That is the only time you are judged by yourself and you want to make a big impression;

•Be confident, smile at all times and always be sure to look directly at the judges;

•If you are backstage for a long period of time, put your flip flops on. This will make sure your lower back isn't a problem later on during the night;

•Get there early before the night show and be sure to touch up your hair and make up;

•Reapply Pro Tan or Jan Tana and Body Glaze. *Note:* Make sure you have enough Body Glaze on so you shimmer, but you do not want to look too oily;

•If you are staying at a hotel, pack an overnight bag. You will need to pack dark sheets, towels and pillow cases. If you ruin the hotel sheets, they will charge you fees;



•When the placings are announced, always stay with a smile. If you are displeased with your placing, never let the judges see any facial expressions that might insult them. Believe me, they will remember you for that;

•Thank the judges after the show and ask them for feedback on your presentation. It will help you improve for next time;

•Most importantly, have a great time!

LAST MINUTE "WORDS OF WISDOM"

If you go in with the right attitude, you will walk off the stage with a happy face, no matter what. Too many times, people drill into competitors' minds that the focus is on that first place trophy when, in fact, the focus should be on just putting in 100 percent, giving it your best shot and enjoying the sport for what it is. You have no idea who else is showing up that day. You can't control that. What you can control is you, your thinking, your mental state and how you conduct yourself. So here's my quote that someone once told me and it has stayed with me for 17 years and I now pass it on to you. "Remember, you are competing against you and yourself alone. You cannot control who shows up the day of the show and there will always be someone better conditioned than you. If they show up that day, more power to them, if they do not, more power to you. Winning first place is just a number, but as long as you put in 100 percent you have already won!"

Also, just before I competed in the 2006 WNBF World Figure Championships, a dear friend of mine gave me some wise words: "Never forget who you are and where you came from. Remember, as you think, so shall you be. If you think like a champion, you can't help but be one!" (Thanks Dave P.!) And as I always say, "It's all about stage presence." ★

Editor's Note: Janet Marsico recently had a seminar at Positive Fitness owned by Karen and Chris Rix, located in Middletown, N.Y. The event was sponsored by Revolutionary Technology Nutrition. To learn more about Janet Marsico or future seminars, visit her website online at http://www.thefigureworkshop.com.

JOURNAL CHECKLIST:

•Pick a competition date;

•Be sure to choose a nutritionist and your trainer;

•Order your suits (One suit is good, however if you are competing in Figure and Best Body you must order two suits. You cannot wear a suit with any rhine stones of any type for the Best Body competition);

•Order your shoes and jewelry;

•Hire a hair stylist and make-up artist;

•Hire a stage coach if you don't know the poses (i.e., model/T-Walk);

•Contact the promoter of your show to submit your application at least six weeks prior to the show date;

•Practice your posing, and work withyour coach;

•Train, train, train;

•Keep a diet and training log;

•Take pictures of yourself and keep them handy;

•Two weeks before your show, pack your vanity case because stage make up is so different than your day-to-day make up;

•Book your photo session with the photographer who will be at the show – you can find out this info from the promoter;

•Cook all your meals and put them in tins the day before the show. Pack your cooler the morning of your show;

•Book your hotel, if needed. Promoters usually offer discount codes for the host hotel.



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FIT FINDS

Compiled by Laura Anne Rega-Crossan

SIMPLY SPA-SATIONAL!

Indulge in these fabulous spa finds that are perfect for the beach, home and gym!

1. AURA CACIA MILK & OAT BATH

The oatmeal bath is a time-honored means to soothe irritated skin. Now Aura Cacia has improved on that tried-and-true remedy with the first all-organic milk and oat bath made with 100-percent pure organic lavender essential oil. Soothing Organic Milk & Oat Bath provides instant relief to irritated skin with the added benefits of soothing aromatherapy.



The organic milk powder from Organic Valley creates a skin-nourishing, milky emulsion and silky texture in the bath water. Organic whole-grain oat powder yields all of the grain's remarkable skin-calming, counter-irritant properties for maximum skin benefit. At the same time, Aura Cacia's 100-percent pure organic lavender essential oil offers an extra-gentle, anti-inflammatory, soothing therapeutic benefit and a relaxing herbal aroma.

Aura Cacia's new Soothing Organic Milk & Oat Bath is certified organic according to USDA standards and retails for $3.29. Each single-use packet contains 1.75-oz. of the bath powder. Available on the Aura Cacia website online at http://www.auracacia.com.

2. SPONGEABLES PEDI-SCRUB FOOT BUFFER



Soothe and pamper tired feet with Spongeables pedi-scrub foot buffer. An enriched formula that includes glycerin, olive oil, shea butter and tea tree oil to give your feet maximum moisture, making even hard calluses and dry heels look and feel as soft as silk. The handy sponge has a soft side for cleansing and moisturizing, and a scruffy side to massage and exfoliate. Your feet will never be happier. Sponges last for at least 20 inspiring uses and are available in Citron Eucalyptus Aromatherapy and Lavender Tea Trea Oil Aromatherapy. Learn more at http://www.spongeables.com.

3. JACK BLACK INTENSE THERAPY LIP BALMS WITH SPF 25

Jack Black introduces two unique, new flavors to their ultra-moisturizing, cult favorite lip balm collection: Black Tea & Blackberry and Grapefruit & Ginger. They have expanded their assortment with a flavor offering for everyone, from classic favorites Natural Mint & Shea Butter, Lemon & Chamomile and Vanilla & Lavender – guaranteed to keep lips looking and feeling good and loved by men and women alike.



Enriched with superior lip conditioners and antioxidants, these emollient balms calm, protect and relieve dry, chapped, irritated lips. Unlike waxy sticks, the unique formulas penetrate quickly to provide instant relief. Offering broad-spectrum sun protection with SPF 25; Jack Black Intense Therapy Lip Balm also guards against windburn and extreme temperatures – making it ideal for every season.

Lip balms are fragrance-free, colorant-free and dermatologist tested. Apply to lips whenever they feel dry or chapped. Use 30 minutes before going out in the sun to protect against damaging UVA and UVB rays. Priced at just $7.50 a tube. Get yours at http://www.getjackblack.com.

4. TWEEZERMAN SOLE MATES DUAL SIDED FOOT FILE

The Sole Mates Dual Sided Foot File by Tweezerman features two specialized tools for expert pedicure maintenance: A professional quality safe-to-the-touch stainless steel micro-file and an equally high quality finishing file. The stainless steel micro-file quickly, easily and very gently removes calluses and rough dead skin, while the finishing file buffs the skin to soft, touchable smoothness.



The best part is this dual sided foot file boasts a magnetic design that holds both parts together – great for stashing in any bathroom cabinet. This pedicure tool is a must-have this summer. Priced at just $20 at http://www.tweezerman.com.

5. MANDUKA INSIGHT EYE PILLOW

Created with Tanbocel fabric and spun from 100-percent natural fibers, Manduka's new insight Eye Pillow is perfect for restoring your body in *savasana* or resting your eyes after a long day. Featuring lavender oil, organic barley, flax seed, lemon balm and orris root fill, this eye pillow is sure to cool your skin and quiet your senses. Priced at $29; available online at http://www.manduka.com.



6. PAPER SHOWER

Freshen up while on the go with Paper Shower Wash-and-Dry Towelette System. This unique system contains moist and dry wipes, each individually

sealed in portable, convenient packs. Paper Shower is an affordable and effective personal hygiene solution that is ideal for travelers, commuters, outdoor adventurists and fitness enthusiasts. The small, foldable packs drop easily into handbags, backpacks, carry-on baggage or pockets.

The packs are just $1 each and available in various sizes ranging from six to 54 per box. Learn more at http://www.papershower.com.



7. LISA BLUE SWIMWEAR

Springing from the renown coastal town of Byron Bay, Australia, Lisa Blue brings unique, beautiful swimwear to the world. Using stunning, high quality fabric imported from Italy, Lisa Blue swimwear is made in Australia. With comfortable designs ranging from striking authentic, Australian Aboriginal style prints to hot sexy Renaissance art mixed with French lace, Lisa Blue compliments everyone's physique.

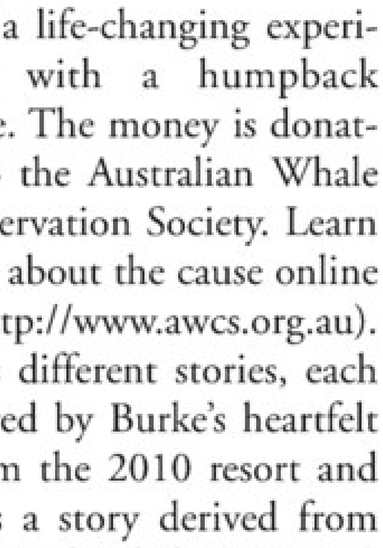


Designer Lisa Burke's swimwear label Lisa Blue was born out of a passion for whale and dolphin conservation in Australia. Pledging 25 percent of her profits to conservation, the label is Burke's way of doing something for the environment after a life-changing experience with a humpback whale. The money is donated to the Australian Whale Conservation Society. Learn more about the cause online at (http://www.awcs.org.au).

Each collection from Lisa Blue tells different stories, each with their own unique meaning inspired by Burke's heartfelt passions and raw life experiences. From the 2010 resort and spring/summer 2011 collection comes a story derived from Lisa's spiritual connection to the Aboriginal Whale (Mirning) Tribe and artist Rose Miller. Three of Miller's prints have been adapted for the 2010/2011 range representing the hunting dance, earth as a provider and whales and dolphins.

Lisa Blue is a pioneer in combining beautiful fashion together with a cause to help preserve our marine life. Lisa Blue reflects the inner beauty of the modern girl who cares to make a difference. This is the wave of the future. Learn more at http://www.lisablue.com.au.

8. TRIDERMA MD SPOT & WRINKLE ERASING CREAM



You are probably no stranger to dark spots and wrinkles. But now, thanks to TriDerma MD Spot and Wrinkle Erasing Cream Anti-Aging Complex, we are able to help ease the problem. This medical strength, fast acting cream will help to reduce the appearance of brown spots, age spots and scars, while smoothing out fine lines and wrinkles.

This powerful formula contains clinically proven botanicals, anti-irritants and five specialized brightening ingredients that work together to help resurface skin naturally and increase cell turnover, leaving behind a smoother, brighter and more refined looking complexion. TriDerma MD Spot and Wrinkle Erasing Cream provides results similar to those of expensive chemical peels and procedures. Safer than *hydroquinone* and *Retin A*, this cream lightens and brightens skin without harsh chemicals. Applied twice daily on clean skin, the clinically proven ingredients in TriDerma MD Spot and Wrinkle Erasing Cream.

It's finally time to erase your problem "spots." Use TriDerma MD Spot and Wrinkle Erasing Cream for a more radiant, spot and wrinkle complexion.

TriDerma MD Spot and Wrinkle Erasing Cream ($15.99) is available online at http://www.TriDerma.com.

9. JASON PURE NATURAL BODY WASH

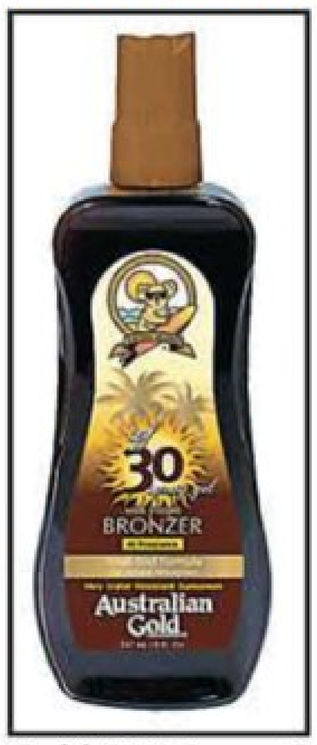
Lather up an indulgent experience for the mind, body and spirit with JASON Pure Natural Body Wash! This gentle wash cleanses with natural botanical surfactants and safely nourishes with vitamin E and Pro-Vitamin B5 without dehydrating the skin. Available in eight botanical blends from Soothing Aloe Vera, Glowing Apricot and Calming Lavendar to Softening Mango, Purigying Tea Tree and Energizing Citrus. ***Best Body*** especially loves the Antioxidant Cranberry.



This soothing blend of cranberry oil and aloe vera helps to fight oxidative stress while softening the skin. The best part is a 30-oz. bottle retails for just $14.95!

Learn more online at http://www.jason-natural.com or call 1-877-JASON-01.

10. AUSTRALIAN GOLD SPF SPRAY GEL WITH INSTANT BRONZER



Australian Gold SPF Spray Gel with instant bronzer lets you protect your skin while embracing sun-kissed color. The spray goes on smoothly and is instantly absorbed to give your skin a fabulous bronze glow. Plus, the water resistant formula retains SPF after 80 minutes of activity in the water.

This spray gel features Australian Gold's signature fragrance, as well as a distinct bronzing formula that contains no DHA. It is available in SPF four, eight, 15 or 30 for varying levels of protection. Australian Gold SPF Spray Gel with instant bronzer retails for only $7.99 (eight ounces).

To learn more about Australian Gold products, visit their website http://www.Australiangold.com/sun-tanning-products.html. ★

TARA GIANNI

LIVING BY EXAMPLE

By Rich Fitter

We all have our reasons for stepping onto the natural stage. For some, it is the challenge of competition. For others, it is the final step toward achieving a goal. And for a few, it is just the next progression in a life that has been surrounded by drug-free role models since birth.

Tara Gianni is a rising star in the INBF. The 33-year-old Figure and Best Body competitor made her debut at the 2011 Northeast America this past April and her future looks very bright indeed. Like her idol, WNBF World Champion Amy Llinas Lynch, the 5-7, 120-lb. Long Island beauty lives a health and fitness lifestyle. She is a physician assistant for orthopedic trauma surgery at Mehling Orthopedics and an adjunct professor at Touro College in Bayshore, N.Y.

"I include fitness and nutrition into my everyday life, including my job," she says. "Being in the health field, I educate my patients and students on the importance of maintaining a healthy lifestyle and making it a way of life. I advise my patients that eating healthy will contribute to faster healing, as well as getting back to their activities of daily living."

Tara consults with Todd Ganci of http://www.professionaldiets.com for help with her contest prep and was amazed by the results. "Besides getting leaner, my whole body composition has changed," Tara testifies. "I have been in good shape before, but it is so different now. This entire way of life (Figure competition) is so amazing! I have never felt better and my mind is so clear. For the first time in 33 years, I [finally] feel completely connected with myself."

Not only has Tara utilized one of bodybuilding's top nutrition consultants, she also trained with INBF star TJ Lynch for more than two years at Long Island's Fitness Incentive, which added to her impressive knowledge of strength training. "I have an amazing trainer that I see 2-3 times per week," she explains. "We separate the body parts over the course of the week. On Monday, I train legs for 45 minutes. On Tuesday, its upper body and 15-20



minutes of abs. Thursday is reserved for shoulders and back training. I do cardio for about 40 minutes every day in the early morning. It always varies with different machines including the treadmill, elliptical and stairs, but I always do high intensity intervals. If I am not weight training that day, I do a second cardio session for about 35 minutes. And I always take off on Sundays to allow my muscles and body to rest."

A drug-free athlete all her life, Tara had a tremendous natural influence from birth. "I was brought up in a very holistic family, with my father being a chiropractor," the former college cheerleader recalls. "I have been against all drugs my whole life, including even a simple aspirin or Tylenol. I believe that our bodies heal themselves.

"Being an orthopedic trauma surgery PA, I do, however, prescribe medications that will help my patients get through the pain or simply help reduce the post-surgical inflammation. But, I educate my patients on all the side effects of the drugs I prescribe and my beliefs on medications. I truly believe that the body is like a machine and it works off the fuel (food) you put into it. Putting foreign objects (drugs) into the machine, will alter it in a way that it will cause it to eventually malfunction."

Now that she has her feet wet in INBF competition, expect big things from Tara Gianni in the coming contest season – naturally. ★



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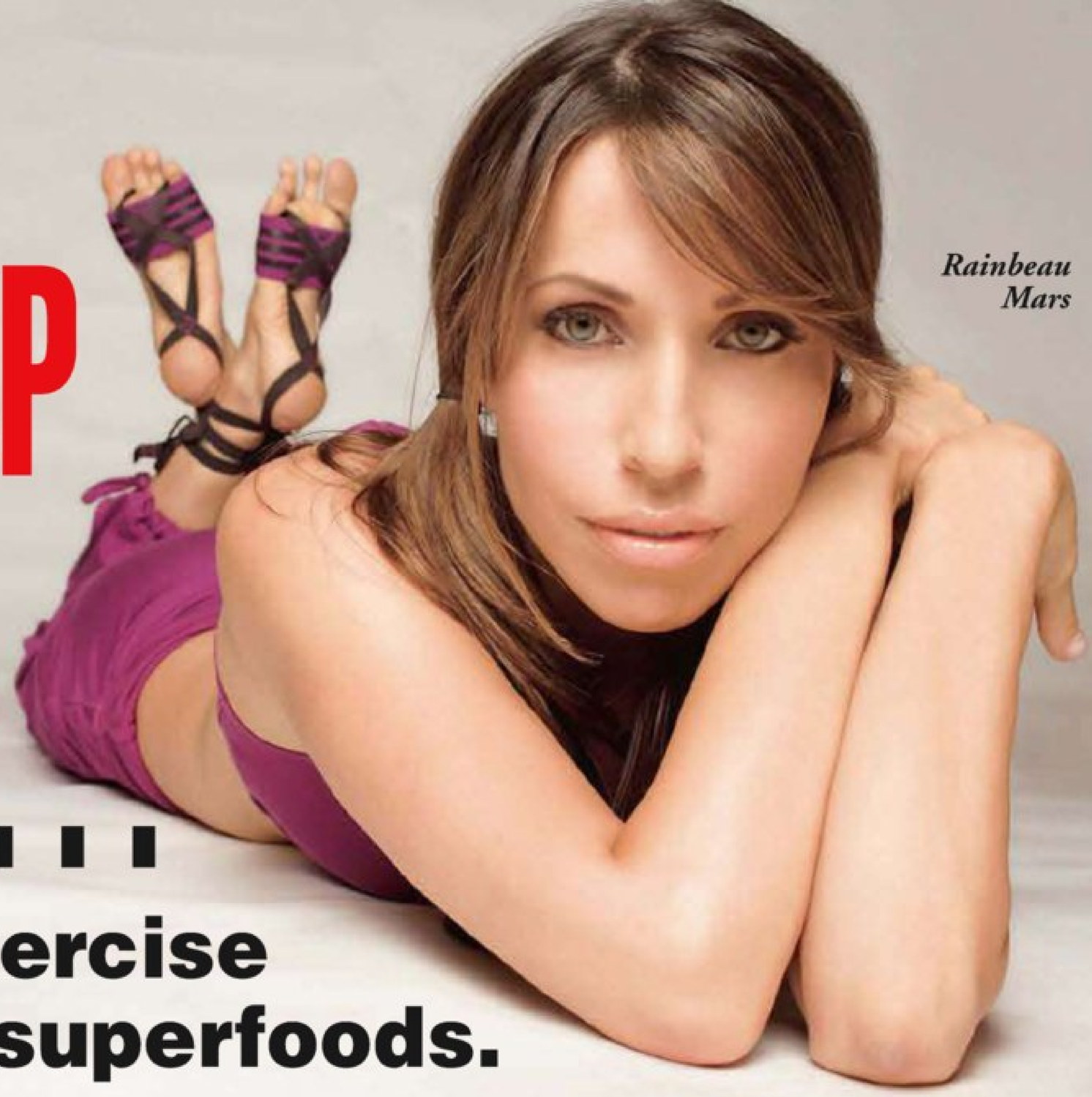
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By Rainbeau Mars

SPICE UP YOUR SEX LIFE...

through exercise and a few superfoods.



Rainbeau Mars

Are you craving more passion? Here's how to kick start your sex life.

POINTS TO PONDER

1. If you do not love yourself, you can't expect anyone else to. Do the things that make you feel good about yourself – both inside and out. Make sure you allot time for yourself every day. Yoga, ra'yoKa, (http://rayoka.com) walks, tennis, meditation, golf, hikes, massages, baths, spas and facials are a few ways to do so. Approach yourself as you would want others to – with presence, patience, commitment, consideration, focus and love.

2. Do the deer – an exercise that will balance and stimulate your hormones and make your body parts more alive.



THE DEER

A. Sit in a comfortable cross-legged position with one heel facing inward.

B. Gently contract and tone the pelvic floor muscles. (The same way you would stop urination) and then keep lifting up – these exercises are called *Kegels*.

C. Take your hands to bare breasts and massage them towards your heart to make fuller breasts or away from your heart to decrease the overall fullness in your breasts.

D. This massage should be repeated 36 consecutive times and can be completed in the morning to start your day and to end your night.

GREAT EXERCISES FOR SEXUAL HEALTH

Women can do kidney rubs when finished. The kidneys are the main motors for our sex drives. Squats and lunges are great exercises to strengthen our legs, as well as provide sexual stamina and endurance.

KIDNEY RUB

Make your hands into fists, mimicking the shape of kidneys. Bring them back to your kidneys and rub them up and down 36 consecutive times.

PARTNER SQUATS

Hold your friend's hands and squat down until your legs are coming down parallel with the ground. Pause on the exhale with bent knees. Repeat up to 36 times. *Option:* Use a wall if you do not have a partner.

PARTNER HIP OPENERS

These are fantastic exercises to open your sexual meridians and enhance your sexual energy. Sit back-to-back with your friend with your feet together and your knees apart. Try to let your feet open up like a book. The first person should take their hands to the ground by traveling down their inner thighs, hips and pelvic floor. While listening to the sound of your breath, use your body weight to lengthen the spine out of your pelvic floor. Take turns extending your partner in a forward direction.

PHOTOGRAPHY BY MIKKI WILLIS

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PHOTO BY HILARY RUBIN

INTIMACY (IN-TO-ME-SEE) BREATHING

Take a moment, sitting face-to-face with your partner and look into each other's eyes. Practice drawing all your energy up into your heart and as you exhale, your partner will inhale in the breath – visualize your partner's energy coming in and nourishing your lungs, heart, kidneys and groin.

Reverse positions: The other person visualizes this powerful energy being drawn up from pelvic floor through the spine and exhaled through the mouth into the partner's body.

Option: Do the same thing as above without the mouth inhales and exhales.

With the contraction of the perineum, inhale and draw the energy up through the base of the spine (like a fountain) and rise it up into the heart/chest. From your heart (on the exhale) visualize your breath coming up and out of the head and back around and over to the heart again. On the inhale, spread your breath across the chest to the shoulders.

This can be done for 10 minutes – with or without being physically connected – with no goals other than using our vital sexual energy to heal and rejuvenate our organs, our connection, intimacy and relationships with ourself and each other.

SUPERFOODS FOR GREAT SEX

1. Chia seeds;

2. Black foods (i.e., black sesame seeds, kidney beans and watermelon seeds);

3. Proteins that are easier to digest than animal products, such as hemp seeds and soaked nuts and seeds;

4. Anything with lots of seeds and juices (figs and passion fruit enhance our juicy sense of passion;

5. Avoid overheated oils like olive oil or fried foods as they can create free radicals. Instead, choose to use more stable oils such as coconut oil. We love Nutiva for things like coconut, chia and hemp;

6. Raw chocolate is an excellent aphrodisiac and high mineral food. It raises seratonin levels and stimulates sexual desire;

7. Maca nourishes the kidneys and is a great aphrodisiac.

You can make excellent shakes with these foods. Using spices can enhance your circulation and sex drive.

To keep it simple and have a guided exercise for enhancing your sexuality, try downloading the Level Orange/detoxification from http://www.rayoka.com. The other Levels/Colors are also great.

My DVD, "Yoga For Beauty," is also excellent to support and stir up and enhance this energy.

May our sexual stamina enlighten our lives, bodies and minds. ★

Editor's Note: Rainbeau Mars is a raw food specialist, health and beauty guru, fitness expert, master yogini and all around holistic queen. Rainbeau is now the new face of Nutiva (leader in the health food industry; http://www.nutiva.com).

From hot Hollywood celebrities to first time practitioners in remote villages around the globe, Rainbeau Mars is constantly changing the way we all think about eco-healthy living.

For additional information about Rainbeau, to check out her addtional beauty tips and shop for her books and DVDs, visit her website online by visiting http://www. RainbeauMars.com.



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By Laura Anne Rega-Crossan

Sun Chlorella

Chlorella pyrenoidosa, a nutritionally superior species of freshwater, single-celled, green algae is traditionally used medicinally to help with ailments such as fibromyalgia, hypertension and ulcerative colitis.

Sun Chlorella, a leading Japanese company specializing in chlorella products, manufacturers a natural whole food supplement derived from chlorella pyrenoidosa. This supplement provides your body with vital nutrients such as potassium, B vitamins, magnesium, zinc and iron, 18 vital amino acids, beta carotene and lutein.

As nature's perfect superfood, Sun Chlorella contains the following unique clinical benefits as a single food source of:

•CGF (chlorella growth factor). Sun Chlorella is rich in CGF, which gives your body a revitalizing boost. CGF is the key to chlorella's remarkable ability to rapidly reproduce itself during growth, and can help potentially speed up your body's own revitalization process;



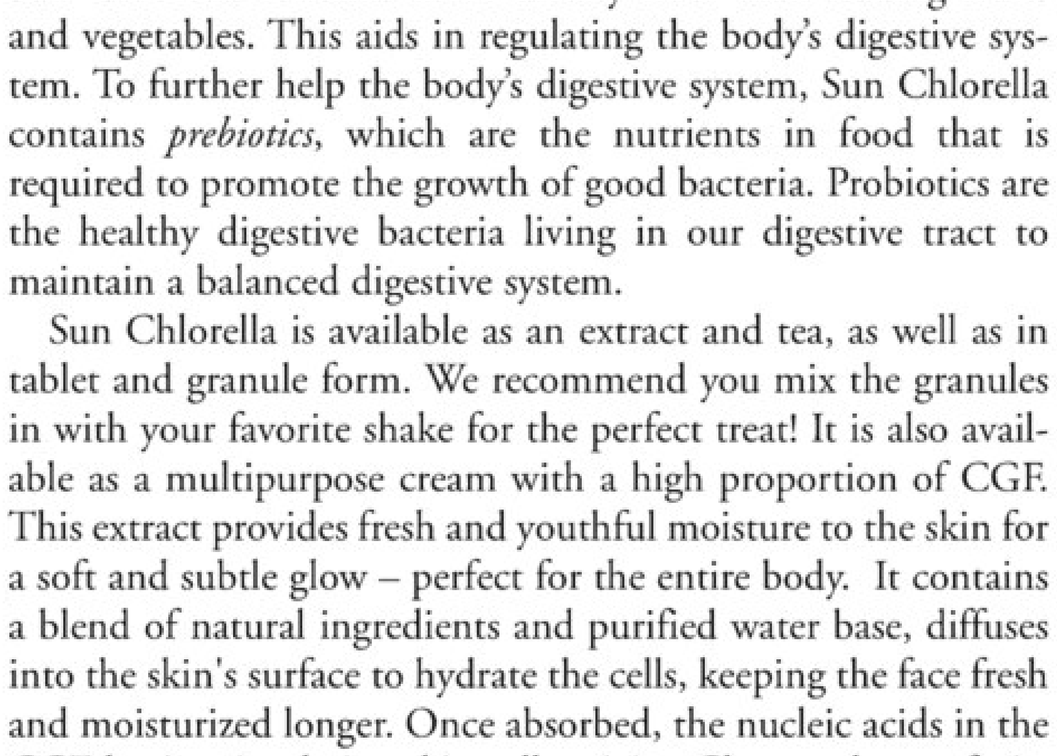
•Chlorophyll. Sun Chlorella is rich in nature's most powerful purifying agent, chlorophyll. Chlorella contains the highest percentage of natural chlorophyll of any plant source, containing as much as seven percent;

•Protein. Sun Chlorella is packed with protein to help your body support and nurture tissues. Ounce-for-ounce, chlorella has more protein than steak or soy;

•Beta-carotene. An important carotenoid and an extremely powerful antioxidant;

•Lutein. Three servings of Sun Chlorella provides nine milligrams of lutein, found to support good vision.

In addition to the nutritional value that Sun Chlorella provides, it also helps with the detoxification process in the body. Sun Chlorella contains more dietary fiber than leading fruits and vegetables. This aids in regulating the body's digestive system. To further help the body's digestive system, Sun Chlorella contains *prebiotics*, which are the nutrients in food that is required to promote the growth of good bacteria. Probiotics are the healthy digestive bacteria living in our digestive tract to maintain a balanced digestive system.



Sun Chlorella is available as an extract and tea, as well as in tablet and granule form. We recommend you mix the granules in with your favorite shake for the perfect treat! It is also available as a multipurpose cream with a high proportion of CGF. This extract provides fresh and youthful moisture to the skin for a soft and subtle glow – perfect for the entire body. It contains a blend of natural ingredients and purified water base, diffuses into the skin's surface to hydrate the cells, keeping the face fresh and moisturized longer. Once absorbed, the nucleic acids in the CGF begin stimulating skin cell activity. Clove and grapefruit-seed extracts act as important antioxidants rejuvenating the skins cells, resulting in skin that looks beautifully refreshed.

For more information on the entire line of Sun Chlorella products, visit http://www.sunchlorellausa.com. ★



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BEST BODY
COVER STORY

"Celebrity Apprentice" Star HOPE DWORACZYK

Beauty and smarts, yes this is one celeb who just might have it all. From the runways of Paris and Milan to the cover of* Playboy *and now to "Celebrity Apprentice," the exotic 2010 Playmate of the Year Hope Dworaczyk, whose runway work includes designers such as Balenciaga, Versace, Robert Rodriguez, Lana Fuchs, Miss Sixty and Leila Rose (to name a few) has been considered by fashion insiders as one of the most beautiful people in the world. This brunette made history as the first Playmate of the Year to ever appear as a 3D centerfold. Hope was also the co-host of the popular "Inside Fashion" for E! and Global TV in Canada covering international fashion shows and interviews with fashion's most powerful players.

By Laura Anne Rega-Crossan

Hope is now an advocate of Best Buddies, an organization that creates one-to-one friendships and employment for people with intellectual or developmental disabilities. It all started after a 100-mile bike ride from Boston to the Kennedy Compound in Hyannis Port with Tom Brady a few years ago. "I fell in love with two of the Best Buddies that attended the event," she said. "I wanted a buddy of my own and shortly after I started mentoring a girl that lives in Los Angeles."

Today, the 26-year-old has taken things a step further after facing off in the boardroom on the 11th season of America's guiltiest pleasure, Donald Trump's "Celebrity Apprentice," which premiered on March 6 on NBC. Hope's objective is to raise money for Best Buddies. "I think being selected [for the show was] a combination of many people rooting for you, from Trump himself, [the] producers of the show, [as well as] my own personal team and friends," she said.

In this ruthless season, Hope brawls against a cast of 15 other celebrities including La Toya Jackson, Gary Busey, Star Jones, NeNe Leaks, Lisa Rinna, Lil Jon and Meat Loaf, while racing through the streets of New York City. Hope must use her fame, contacts and business acumen to win different weekly tasks to raise money and awareness for Best Buddies without being cut. In retrospect, Hope notes, "The experience was fun and I'd do it all over again."

When she's not hitting the streets of New York battling to be the next "Celebrity Apprentice," Hope is at home in lovely Los Angeles. The 5-10, 125-lb. supermodel trains at Pilates Platinum. Hope works out four times a week using SPX Pilates on a Reformer. She also enjoys hiking in Malibu and bike riding for cardio. But be warned, "You don't get the body of your dreams overnight," Hope says. "The harder you work, the quicker your results [come]."

In terms of nutrition, Hope follows "The Blood Type Diet," but if she wants or craves something that is not on the list, she never holds back. "It's about being healthy to me, since I'm already at my ideal weight," Hope says. "I am B blood type, so I avoid chicken, corn and wheat products. I thrive on fish, although I avoid shellfish. It's an interesting diet, but really changes the way you feel."

Hope is influenced by women who take care of themselves even though they are busy working individuals. "I'm inspired by women everywhere!" In fact, on "Celebrity Apprentice," Hope's original all-women team was called A.S.A.P (Artists, Singers, Authors and Professionals for a Purpose) – the perfect name to describe Hope's passion.

Growing up, Hope lived on a farm in Port Lavaca, Texas. "When I was born, we lived in a town of just 600 people and then moved to a bigger town of 10,000," she said. "I'm truly a hometown girl." Hope was always into sports like volleyball, track and basketball. In her spare time, Hope can be found shopping, going on lunch dates with friends, gallivanting to the beach and traveling. She is also the official spokesmodel/brand ambassador of Tees by Tina (http://www.teesbytina.com). Hope can be found running, hiking or doing Pilates in her tanks that never roll up or fade.

Flash forward 10 years, and Hope sees herself still living in Los Angeles, living life and working. "My family is very important to me, so I think I'll have more time to spend with them," she said. "I want to be in love, travel, work and it's too soon now, but who knows I may even be a mother."

Keep up to date on Hope Dworaczyk's latest endeavors and see how she fared on "Celebrity Apprentice" by visiting her online at http://www.hopedworaczyk.com or follow her on Twitter at hopedworaczyk. ★

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MOOD FOODS

Eat well to reduce stress.



By Peggy Kotsopoulos

(Adapted from her book: *Must Have Been Something I Ate.*)

Whether you are rushing to get out of the house in the morning, are about to give a presentation at work or you are simply pulling your hair out trying to squeeze into a pair of jeans that you swear fit you just last week, you've been met with stress.

All types of stress, whether it is actual stress or something we just make up in our heads, cause a physiological response in our body. At the onset of stress, your brain triggers your adrenal glands, which sit on top of your kidneys, causing them to release the stress hormones *adrenaline* and *cortisol*. Adrenaline speeds up heart rate, increases blood pressure and boosts energy. Cortisol, which is the primary stress hormone, shifts energy away from the digestive and immune systems to prepare for an "alarmed" state and increases blood sugar levels and the brain's uptake of glucose.



While some stress is great, other stresses are not. For example, if you're about to run a half marathon, those stress hormones pumping through your body might just give you the edge to run that much faster and stronger. It is the "fight or flight" response that revs up your body and makes it work hard. However, the key here is that it's finite. The race eventually ends and, in the process, you burn off all the elevated sugar and fat that were released as a response to stress through physical exertion. Your blood pressure drops, your heart rate slows and your body returns back to your normal state.

Where the problem lies is when there is ongoing, chronic stress – when there is no finish line. It can lead to weight-gain, obesity, an inability to burn fat, anxiety disorders, insomnia, mental clutter, poor concentration, impaired memory function, weight-gain and mood swings.

Eating the right foods can actually give you a handle on stress levels naturally. The following are some of the top stress-busting foods.



MACA

Maca is a tuberous root grown high in the Andes of Peru. Maca is an *adaptogen*, meaning it doesn't directly affect your mood, but it helps your body respond to and resist stress, anxiety and trauma. It helps to support, rejuvenate and strengthen tired adrenal glands and manage cortisol levels. Maca also regulates and balances the hormonal system without affecting blood hormone levels. It is rich in protein, complex carbs, vitamins, minerals and powerful antioxidants helping to mitigate free-radical damage. It is known to increase energy, endurance and stamina. Taking 3-10 grams of maca, 60-90 minutes before a workout will help increase energy and physical endurance. *Added bonus:* Makes a great libido booster, too!

CHOCOLATE

Chocolate releases *PEA,* the same feel-good endorphins that suppress pain and stress, and gives the same euphoric feeling you get from having sex or going for a run. But it's the raw chocolate (*cacao*) where all the good stuff is stored – so step away from the vending machines! Raw chocolate is rich in antioxidants, minerals and stress-alleviating compounds, giving you a guilt-free boost. Raw chocolate is also the richest plant-based source of magnesium, which is one of the most common mineral deficiencies. It helps relax nerves and tense muscles, alleviate muscle-cramping and headaches and can help you fall asleep.

PASSIONFLOWER

Passionflower has mild sedative and tranquilizing effects that can calm nerves and reduce anxiety and is without addictive properties. It can also help increase GABA – an amino acid and neurotransmitter that helps us chill out. It is an "inhibitory" neurotransmitter that promotes a feeling of calm and relaxation and shuts off excess adrenaline.

SWEET POTATOES

Complex carbs, such as sweet potatoes, quinoa and oats are slow-releasing and keep you more satiated and feeling less anxious for longer periods of time. When we're stressed, our cortisol levels and blood glucose levels are elevated, which means ongoing stress can totally muck up blood sugar levels. But sweet potatoes actually help balance blood sugar levels, making them a great stress antidote. B vitamins are stress-busting and they are essential in the production of neurotransmitters (especially B6, B12, folic acid and niacin). Unfortunately, while B6 is the most important in terms of busting stress, it's also the first to be depleted in the presence of stress.

TOP STRESS-BUSTING TIPS

- Add real stress-busting foods to your diet;
- Exercise, practice yoga and meditate;
- Spend time with friends – bonding with confidants is one of the most powerful ways to reduce stress and boost your health!
- Get quality rest. Sleep helps regulate your cortisol levels;
- Journal. Remove clutter from your head (and body) and put it onto paper;
- Think happy thoughts. Most of the stress in our life is perceived stress – things we create in our head. Change the way you look and think about things and find a new perspective;
- Think positively and breathe deeply;
- Don't forget to laugh. ★

Editor's Note: Peggy Kotsopoulos is a Registered Holistic Nutritionist, who is passionate about the benefits of using whole foods. A spokesperson for Vega, Peggy aspires to educate about how we can use plant-based foods to live a healthier life.

PHOTOGRAPHY BY JALANI MORGAN

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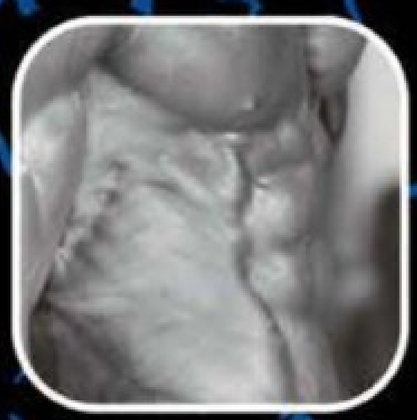














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By Laura Anne Rega-Crossan

This Summer's BEST Hair Helpers BE GORGEOUS!



BED HEAD

STYLESHOTS EXTREME STRAIGHT SHAMPOO & CONDITIONER

For: Gals who want frizz-free, soft and straight hair.
Price: $15.95-$16.95 at http://www.tigihaircare.com

Time to get it straight. Bed Head Styleshots Extreme Straight is a unique shampoo and conditioner combination that leaves your hair smooth and frizz-free. It also helps protect against UV rays and thermal damage from blow dryers and straightening irons. This sulfate-free formula is perfect for color-treated hair, as well as hair that has been subjected to Brazilian/Keratin treatments. When applied, Extreme Straight detangles strands from root to tip to help prevent breakage and add shine with deep cleansing. You can feel it softening your hair as soon as you apply it! Oh, and did I mention its delectable fragrance? Infuse your senses with the scents of shimmering starfruit, cucumber, grape seed, sunflower and avocado oils. This is one shampoo and conditioner combo that actually does what it says it's going to do – all without weighing your hair down. Yes, Bed Head Styleshots Extreme Straight will definitely leave your hair to be envied.

AUBREY ORGANICS

GPB GLYCOGEN PROTEIN BALANCING SHAMPOO & CONDITIONER

For: Normal hair that needs a pick-me-up.
Price: $10.48+ at http://www.aubrey-organics.com

Feed your hair a healthy, balanced diet with this protein-enriched shampoo and conditioner available in Rosemary Peppermint and Lavender Ylang Ylang. These products contain shine-enhancing fruit acids and herbal moisturizers that smooth hair fibers and infuse them with vitamins to rehydrate and re-energize strands, leaving them healthy and lustrous. Contains soy protein and *lactalbumin* (milk protein) to strengthen and mend the hair, as well as aloe vera, jojoba oil, matcha green tea powder, glycoprotein, horsetail extract and shea butter.



BOS REVIVE KIT

For: Hair that is losing its luster and visibly thinning.
Price: $9.50+ at http://www.bosleypro.com



A sulfate-free shampoo that removes toxins like DHT (a primary cause of hair loss) from the scalp. The formula boasts soy amino acids to penetrate the hair shaft and improve strength, creating hair that feels as thick as it looks. After cleansing, apply Bosley's Revive Volumizing Conditioner – a weightless, paraben-free volumizing solution that infuses hair with vitality and volume while it smoothes and adds shine for a thicker appearance of thinning hair. Finish with Bos Revive thickening treatment for the ultimate leave-in re-conditioner.

Note: Also available for color-treated hair.

L'ORÉAL PARIS EVERSLEEK

REPARATIVE SMOOTHING SHAMPOO & CONDITIONER

For: Unruly hair that desires to be sleek.
Price: $6.99-$8.99 at http://www.loreal.com



This new hair care system offering 48 hours of frizz control, is an advanced and gentle way to smooth parched locks without spending a fortune.

EverSleek Reparative Smoothing Shampoo and EverSleek Smoothing Conditioner by L'Oréal Paris is free of harsh sulfates, silicones and parabens. It contains Argan, olive and sunflower oil to penetrate hair fibers and smooth the cuticle for natural frizz control. Botanical infusions of green melon and white rose will invade your senses for the ultimate shower experience.

It is time for chemically straightened hair to receive a wakeup call of revival. The result will be sleek, frizz-free hair with a subtle shine. This shampoo and conditioner combo actually makes blow drying your hair a pleasurable experience.

BIOLAGE

COLORCARETHERAPIE DELICATE CARE SHAMPOO & CONDITIONER

For: Ladies who want vibrant color and care about the planet, too.
Price: $18+ at http://www.matrix.com



This is the first sulfate-free, high performance, 100-percent recyclable hair care system for multi-processed hair from Biolage. With the launch of the colorcaretherapie Delicate Care haircare system, Biolage has offered a solution for damaged hair and a step toward an ecologically-sound solution for the planet.

This is a super gentle formula for multi-processed, color-treated hair that ensure prolonged color vibrancy that will leave your strands brilliant and soft. With a fade-fighting formula that features an eco-select antioxidant complex of fair trade super-antioxidant acai berry and conditioning argan oil, your hair will be rejuvenated and ready to take on the world.

ANYTHING BUT THE GYM



"After spending years as a trainer in New York's top gym, I decided to create a whole new kind of fitness, one that brings play and social interaction back into the lives of adults. Getting in shape should be something you look forward to, not something you dread. And who doesn't like to play with friends?"

Mary Gillis
Founder and President of Anything But The Gym

ANYTHINGBUTTHEGYM.COM

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LIZ MARCANTONIO

THE FACE OF ACHIEVEMENT

By Pete Dombrosky



The odds have always been against Liz Marcantonio for succeeding in the Figure competition circuit. Growing up, she always had a very negative self image and she was rarely confident about how she looked. She was also very shy and lived with stage fright for as long as she can remember. During her first competition, she nearly tumbled to the ground during her stage walk. In a world that rewards stage presence and brimming self-confidence, it looked as though Liz would always face an uphill battle. But those negative predispositions didn't prove to be big enough obstacles to slow her down. Her resolve in the weight room ended up being the key to a world of self-belief. "I became dedicated to training in the fall of 2003," Liz says. "I found that training gives me self confidence and it's a great way to clear my mind at the end of the day."

She has now competed in Figure competitions for eight years and during that span, she has captured two first place class victories, two second place finishes, two overall victories and a pair of pro cards (Fit Body and Figure).

This collection of achievements wasn't the result of lying on the couch. Liz works out five days a week (Thursdays and Sundays are rest days) at Gold's Gym in Worcester, Mass. On Mondays, she trains legs, Tuesdays are for abs and calves, Wednesdays she trains her deltoids and triceps, Fridays are for her back and she trains her chest and biceps on

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Saturdays. All of her workouts include sets in the higher rep-range, lower rep-range, drop sets and supersets. She generally organizes her workouts into a two-week split that she runs through 3-4 times for 6-8 weeks before she changes up her program.

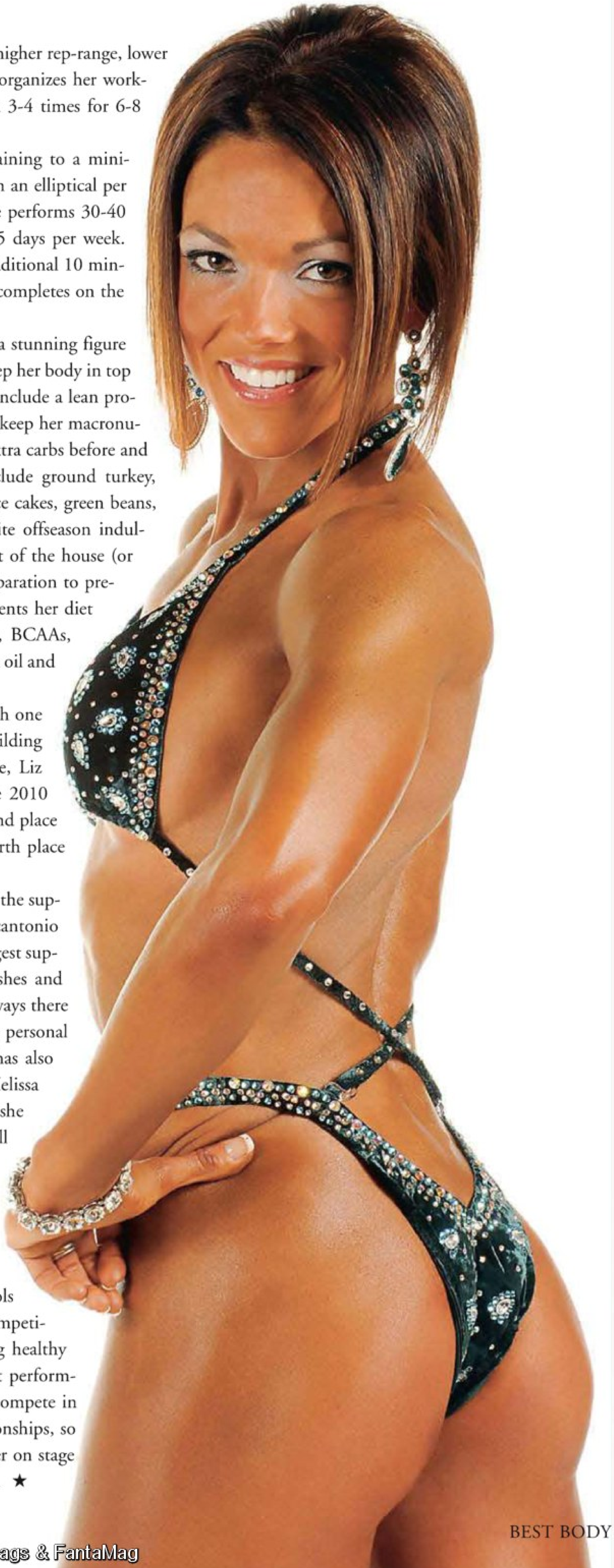
During the offseason, Liz keeps her cardio training to a minimum, completing only two 40-minute sessions on an elliptical per week. During her contest preparation season, she performs 30-40 minutes of cardio first thing in the morning, 4-5 days per week. Depending on her progress, she will include an additional 10 minutes of hard cardio after her workout (which she completes on the elliptical, step mill or by running sprints).

Although physical training helps her maintain a stunning figure and toned muscles, Liz also relies on her diet to keep her body in top form. She eats 6-7 small meals a day that always include a lean protein, complex carbohydrates and fats. She likes to keep her macronutrients consistent for all her meals, but she adds extra carbs before and after training. The main staples of her diet include ground turkey, chicken, egg whites, sweet potatoes, pumpkin, rice cakes, green beans, cauliflower, blueberries and avocados. Her favorite offseason indulgence is peanut butter, but she has to keep it out of the house (or have her husband hide it) during her contest preparation to prevent cheating on her strict diet. Liz also supplements her diet with AST Sports Science, creatine, L-glutamine, BCAAs, vanilla bean flavor Diet Doc Precision Protein, flax oil and whey protein.

Since February 2009, Liz has been working with one of the top nutritionists in the natural bodybuilding world, Dr. Joe Klemczewski. Under his guidance, Liz has earned two pro cards, a pro title and at the 2010 WNBF World Championships, she earned a second place finish in the pro Figure short category and a fourth place finish in the pro Fit Body category.

Aside from Dr. Joe, Liz attributes her success to the support of her husband of three years, Evan Marcantonio (who is also her training partner). "Evan is my biggest supporter and fan," Liz says. "From applying eyelashes and bikini bite, to hours of posing practice, Evan is always there for me. With his encouragement, I have hit more personal records and feel stronger than I ever have!" Liz has also drawn confidence from her idols, WNBF pros Melissa Kelley, Kori Propst and Nancy Andrews. Liz says she has had the opportunity to talk and work with all of her favorite influences and their passion and dedication has inspired her. "The insight they have provided me has been invaluable," Liz says. "Their willingness to share their experiences epitomizes what it means to be true champions."

Because they are all WNBF pros, Liz and her idols are all drug-free. Liz says that it isn't about the competition, it's the daily journey of training and eating healthy that is the most rewarding part of living without performance-enhancing drugs. Her current plans are to compete in the 2011 Universe and the 2011 World Championships, so look forward to seeing the drug-free, 114-pounder on stage later this year doing what she does best. Winning. ★



PHOTOGRAPHY BY GEORGE LEGEROS

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GO GREEK WITH CAT CORA!

By Laura Anne Rega-Crossan

It is bound to be a hot summer and no one wants to spend time slaving over a hot stove for dinner. In an effort to keep your dining options as healthy as they are easy, Chef Cat Cora (who you likely know from Food Network's "Iron Chef America") has recently released Cat Cora's Kitchen by Gaea. Everyone should have some staples in the cupboard to make life easier. Cat's quality extra virgin olive oils and a variety of tapenades are bound to make summer meals quick and painless – the Greek way.



Cat Cora's Kitchen by Gaea's extra virgin olive oils are single-sourced oils from specific regions of Greece with distinct flavors and characteristics. Kalamata D.O.P. extra virgin olive oil comes from Kalamata, Greece and has a peppery, green apple flavor profile. The Sitia D.O.P. extra virgin olive oil comes from the island of Crete and has a fruity, well-balanced flavor. All of Cat Cora's Kitchen by Gaea's oils are cold-pressed, carbon neutral and all-natural.

Toss cooked fresh linguini with the Kalamata D.O.P. EVOO, chopped fresh summer tomatoes, minced garlic and nuggets of fresh goat cheese for a super quick and highly flavorful dinner. Try Cat Cora's Kitchen by Gaea's Sitia D.O.P. EVOO drizzled over grilled sliced sourdough baguette that has been rubbed with a garlic clove and sprinkled with sea salt as the perfect accompaniment to your grilled fish or chicken.

Cat Cora's Kitchen by Gaea has five different tapenades to complete your summer meals with style and ease. The line includes: Green olive, sundried tomato, kalamata olive, feta cheese and smoked eggplant. The tapenades can be used as a dip or spread for crackers and bread or to top grilled meat and fish.



Cat Cora with Aris, the founder of Gaea.

Another great option is using the green olive tapenade as a stuffing for cherry tomatoes for a fast and easy pool party hors d'oeuvre. Halve an avocado and fill with the sundried tomato tapenade for a no-cook first course or a quick summer lunch. If you are a seafood lover, spread the kalamata tapenade over some fresh grilled sea bass for a flavorful ready-to-use sauce.

Speaking of sauces, you must try Cat Cora's Kitchen's variety of cooking sauces. Indulge in Santorini cooking sauce with cherry tomatoes and wild oregano. If cheese is your passion, try Crete cooking sauce with feta cheese and sundried tomatoes. Other options include Corfu cooking sauce with tomatoes, wine, onion and spices or Cyprus cooking sauce with rich tomato and orange fusion.

"I am very excited to be partnering with Gaea on a line of Greek-influenced products," says celebrity chef Cat Cora. "Inspired by the flavors of my Greek heritage, the Cat Cora's Kitchen line by Gaea is the highest quality, most authentic products chefs and families everywhere can enjoy."



In 2005, chef Cat Cora made television history by becoming the first and only female Iron Chef on Food Network's "Iron Chef America." The mother of four boys has authored three top-selling cookbooks, opened two restaurants in partnerships with

PHOTO BY NIGEL WALKER PHOTOGRAPHY

PHOTOGRAPHY BY DAVID CARLSON

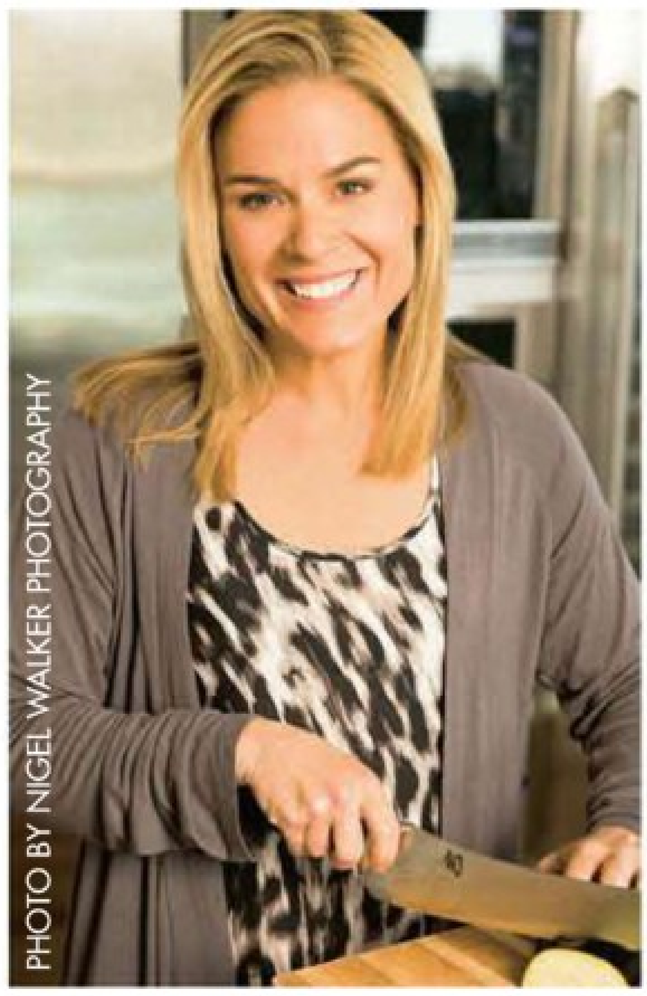


Macy's (CCQ) and Walt Disney World Boardwalk Resort (Kouzzina by Cat Cora). She even launched her own collection of wines, entitled Coranation. In January 2011, Cora launched her first line of cookware with Starfrit, Canada's leading purveyor of eco-friendly cookware and kitchen gadgets, and introduced the abovementioned Cat Cora's Kitchen by Gaea line of olive oils, vinegar, cooking sauces and tapenades.

Cora recently released her very first children's book, *Suitcase Surprise for Mommy* (Dial Books, 2011) a sweet and comforting tool for kids and parents to use when Mom or Dad have to travel. Cora is also the co-host for Disney's "Muppets Kitchen with Cat Cora" and "Hasty Tasty" web series.

In 2004, Cora, an avid philanthropist and UNICEF spokesperson, founded Chefs For Humanity in response to the tsunami disaster in Indonesia. This not-for-profit organization has partnered with Share Our Strength, as well as the World Food Programme to provide nutrition education and hunger relief worldwide.

Be on the lookout for Cora as she is currently shooting a pilot for the Oprah Winfrey Network (OWN) where she travels around the country helping families in need of a healthy lifestyle change. In the meantime, turn to Cat Cora's Kitchen by Gaea to fill your pantry so you can bring the flavors of Greece to your summer meals. ★


PHOTO BY NIGEL WALKER PHOTOGRAPHY



Editor's Note: Gaea Products S.A. is a promising leader in the Greek specialty food products category, manufacturing savory traditional and authentic olive oils, tapenades, cooking sauces and olives. Cooking with Gaea products makes it effortless to create the finest Greek Mediterranean cuisine and to experience the "meze" cultural culinary fare. Cat Cora's Kitchen by Gaea is sold at big box and specialty retailers nationwide, as well as through http://www.Amazon.com. Cat Cora's Kitchen by Gaea can also be found by visiting the website http://www.gaeaus.com.



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BY MARY GILLIS

THE VALUE OF CONSISTENCY

There's a Barnes & Noble bookstore across the street from my New York City apartment. It's been a neighborhood hotspot for over three years now, but to me, feels as if it's still brand new. I find that there's something very special about this particular Barnes & Noble. It's . . . well . . . consistent. There's always a greeter who welcomes me as I pass through the store's front entrance. The nice people at the information desk never fail to find the book I need – despite the extremely user-friendly, in-store computer locating system (which they encourage me to defer to next time I need help). Not to mention the café serves Starbucks, the bathrooms are clean and there's free Wifi. Can a public place in downtown Manhattan get any better?

Interestingly though, what I find most impressive about the bookstore is none of those things. Rather, it's the scale of Barnes & Noble's magazine collection. I've never seen so many different types of publications – from the most popular titles to the most obscure – in one single place. And the largest section, which should come as no surprise, is the "Health & Fitness" section. The collection is enormous – and also, consistent. A copy of my favorites (including ***Best Body***) are always available and I love the freedom that only Barnes & Noble provides – the freedom to glean through the glossy pages as much as I please.

It's curious though, as to how so many fitness or sports-specific magazines are able to fill their pages about the "newness" of exercise each and every issue. Did something revolutionary actually happen in just one month's time? Or are we simply finding new ways to say the same thing?

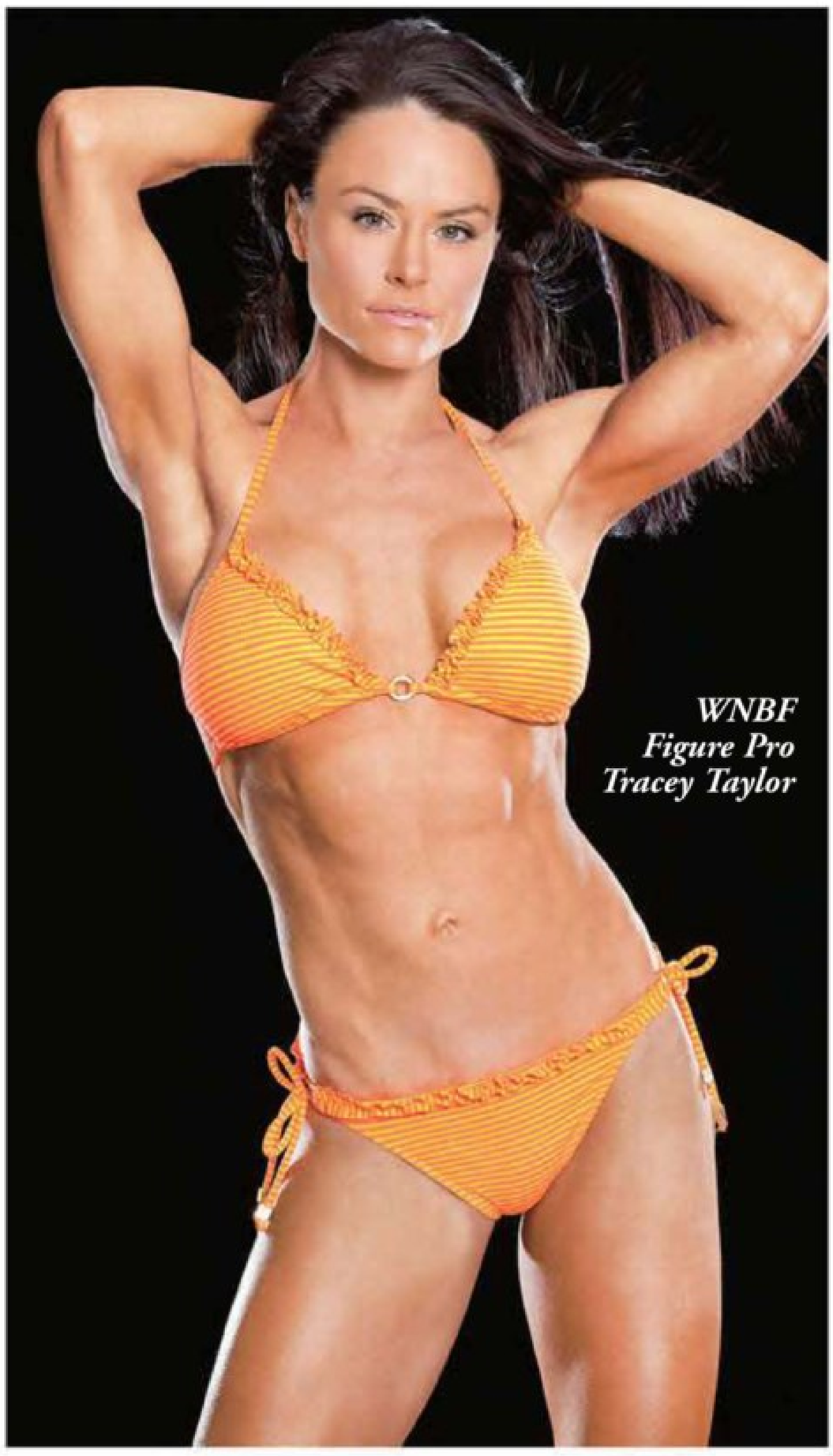
Well, getting and staying in shape – aerobically at least – comes down to just a few simple things: Contraction of the muscles to a degree that gets your blood flowing so that oxygen is delivered to the tissues. So, from a physiological perspective, not much is really different from month to month or even from year to year.

A lot of times though, what does change is one's attitude toward exercise. For example, I've often had mornings when, as soon as I get out of bed, I'm truly psyched about my upcoming workout. Although I may not make it to the gym until later in the evening, there's a level of anticipation and excitement that remains high throughout the day. That is, until it's actually time to go to the gym. As I get closer and closer to "go-time," my mood shifts. I hit an all-time day's low. Reasons to skip it inundate my brain – I'm tired, I'm hungry, it's late – and any trace of the morning's enthusiasm is gone. I go home feeling disappointed only to repeat the same pattern the very next day.

There is one thing I should clarify. The previous scenario represents a version of my "former" self. But it's a scenario not unlike many women who've found themselves in a mental rut. So, what changed? How did I break the cycle?

Well, I finally decided that when it came to my workouts, I was going to make just one small rule for myself. You heard me. Just one. And the results have been extraordinary. Here it is: I have made a commitment to myself to exercise three days in a row – no exceptions – and take every fourth day off – no exceptions. This single strategy has been transformative for me both mentally and physically. Why? Because it's made me consistent.

As someone who used to schedule workouts weeks or even months in advance, I was convinced that it was my "planning" that made me a responsible, diligent exerciser. But it wasn't true. In fact, I didn't feel healthy at all. I felt frustrated and my frustration was expressing itself in this weird, rebellious way – I was skipping my workouts. I felt miserable. The "planning" I had relied on for so many years was no longer working.



In the beginning, I thought that the resolution would (obviously) be "more planning." But I soon realized that that it was actually the complete opposite. In order to get myself out of my rut and become happy and fulfilled as an athlete again, I needed to break away from all of my planning. I had to completely let it go.

At first, this was scary, but I'm delighted to report that since I've made this one change, I've never been happier. For those of you who've hit a mental road block or feel as if your old approaches aren't "working out" as they used to be – not to worry, it's bound to happen. Things aren't meant to last forever and the more you're willing to accept this and modify accordingly, the better off you'll be.

Tell yourself you're going to make just one change. But stick to it! Things in life – from learning a language to getting in shape to building the most successful bookstore franchise in the nation – don't happen in big, robust gestures. In fact, the smaller the changes, the more entrenched in my routine they become. Does it take time to learn the value of consistency? Absolutely. It's a philosophy I've been subscribing to for just a few short months. But trust me – it's worth it. ★

PHOTO BY NIKOS TSAKINIS

Editor's Note: Mary Gillis is an Applied Physiology doctoral student at Columbia University and Founder of Anything But the Gym (http://www.anythingbutthegym.com), a New York City-based fitness company that encourages outside play as sustainable form of exercise. In 2009, Mary received the prestigious Fred Rogers Fellowship Award in Media and Child Health to create multimedia, health-related content for young children. She can be reached via email at marygillis@anythingbutthegym.com

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TRANSFORMATION FEATURE

My Fit Food National Fitness Transformation Contest

By Shelly Gager, winner of the 2010 My Fit Food National Fitness Transformation Contest

There are defining moments in each of our lives, and a major one for me was seeing my 40th birthday photos. I didn't recognize myself. I wrestled with this image for a while. I was 58 lbs. overweight and it was not pretty. My knees were killing me, I had acid reflux bad enough to take a prescription and suffered migraines. Talk about reality check! I could ignore my symptoms, but I could not ignore those photos. I'm the sole parent of a terrific son and want to be around for a long time with a good quality of life. I did not want onset diabetes or high blood pressure that runs in my family!

On August 26, 2008, I weighed 218 lbs. That was it, I decided to change. My change began by taking my lunch and running clothes to work. At first, all I could do was fast walk around the building 10 times, then I worked up to running four miles a day at lunch. The weight started coming off. I lost 25 lbs. in four months. I went on to take off another 25 lbs., but I still did not look the way I [ultimately] wanted.

I met a trainer at my local fitness club who told me about a transformation contest, and I had to sign up that day. [So] I went for it! I hired a trainer and began truly transforming my body. On May 10, 2010, I [ended up switching my] trainer to Micah Hooker and have never been happier!

This past Memorial Day weekend, my 13-year-old son and I were canoeing down the Brazos River. I was floating behind the canoe and my son started to make a comment about his fat mom and then he goes "no, my muscle-bound mom." How cool is that? Now every time we are around his friends, he wants me to show my guns!

Not only am I more fit than I've ever been, I know my son is proud of me. I hope and pray that I am the role model that he deserves. I want him to learn by my example that with God's help and a whole lot of sweat, tears and dedication, anyone can transform their life for the better. His pride in me justifies every sacrifice I have made toward this goal. ★

STATS

March 1, 2010
Weight: 170 lbs.
Body Fat: 27%
Chest: 41″
Shoulders: 42″
Waist: 36″
Chest: 41″
Hips: 41″

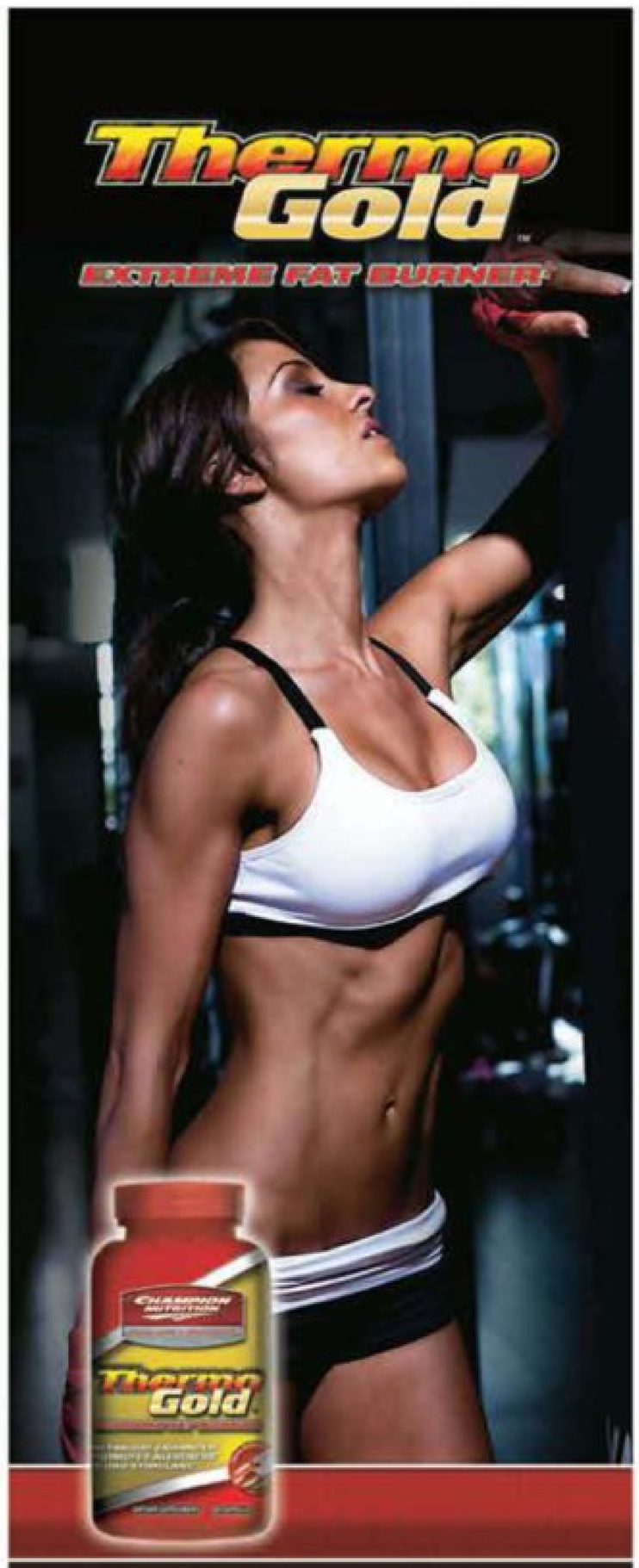
July 10, 2010
Weight 163 lbs.
Body Fat: 16 %
Chest: 38″
Shoulders: 44″
Waist: 33″
Chest: 38″
Hips: 39″

Total weight lost: 7 lbs.
Total Body Fat lost: 11%; 14.7 lbs.
Muscle Gained: 9 lbs. and lost inches everywhere.



PHOTOGRAPHY COURTESY OF DAVID LEE NALL

Editor's Note: The 2011 My Fit Foods National Fitness Transformation Contest on July 16 is one of the five events within The WNBF/INBF 2011 Natural Fitness Super Show, which includes Pro/Am bodybuilding, Figure, fitness modeling and a health expo. For more information, go to http://www.naturalfitnessproductions.com or send an email to david@davidleenall.com.



BOOK REVIEW

The Breakthrough Depression Solution

280 pp., 2011, $16.95
By James Greenblatt, M.D.

Reviewed by
Laura Anne Rega-Crossan

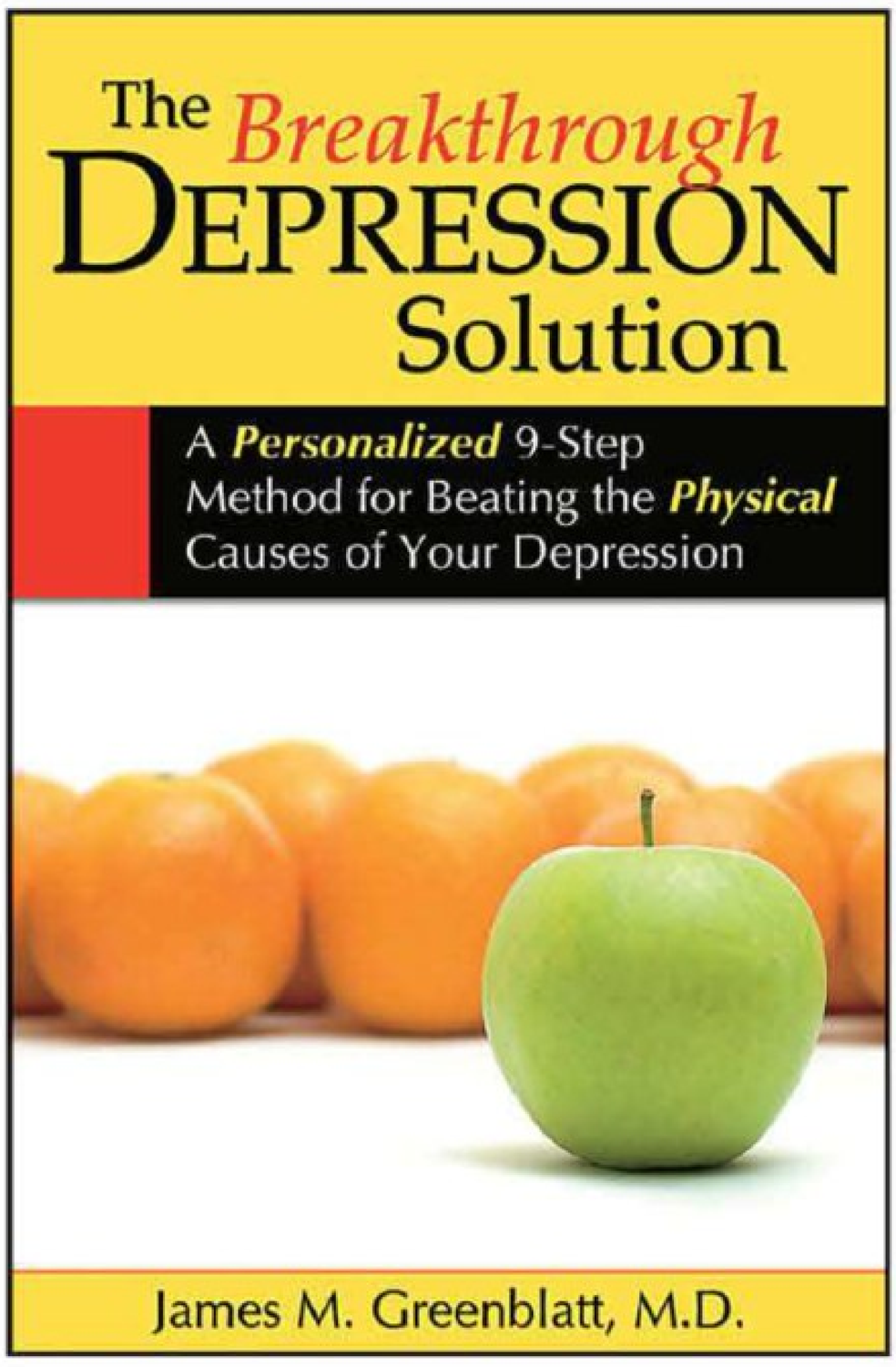
Inside *The Breakthrough Depression Solution: A Personalized 9-Step Method for Beating the Physical Causes of Your Depression*, Dr. James Greenblatt, a pioneer in integrative medicine and dually certified child and adult psychiatrist, lays out a proven approach to identifying and healing the physical contributors to depression.

Despite dozens of antidepressants on the market, millions of people who seek treatment for depression fail to find ongoing relief from their symptoms. Others must go through months of medication trials before finding the drug that works best for their needs.

In this tome, Dr. Greenblatt, who has been treating patients with depression for over 20 years, uses what he has coined THE ZEEBrA Approach (a nine-step journey), to take readers beyond traditional treatment strategies toward healing. Dr. Greenblatt argues that in order to treat depression, clinicians must understand the connection between the mind and body and start looking at the unique biochemistry of each individual, including physical factors such as nutrition, genetics, hormones and stress.

This book is formulated into three parts. Part 1: Understanding the problem, Part II: Nourishing the brain (THE ZEEBrA Approach) and Part III: Nurturing the mind. The book concludes with a section on personalized medicine, as well as references and resources that could be of benefit to you on your journey against depression.

Taking a simple vitamin or mineral supplement might be just what you need to beat depression. Dr. Greenblatt focuses on the latest technology and the many tests available to ensure that medications and other treatments are targeted to each individual for the best outcome possible. An important part of the book is Chapter 16, "Laboratory Tests Your Doctor May Order." This chapter outlines specific tests that patients can ask for in order to get the right treatment for their particular condition.



All readers should note that Dr. Greenblatt does not promote a particular therapy or new drug in this tome. "In fact, I am not hyping any one treatment for the complex phenomenon of depression, a disease so prevalent that it threatens to become the major cause of disability worldwide by the year 2020," he says. "Depression has myriad causes. Unless treatment targets the particular causes that underlie an individual's case of depression, it is doomed to fail."

Within the pages of this book, Dr. Greenblatt offers a method designed to ensure personalized treatment for depression. The premise is simple: Just as your appearance is unique, so are the factors of your depression. By identifying these factors and treating them (factors that are likely ignored through conventional treatments), you can beat depression.

Your focus will be on nutrition, genetics, stress and technology. THE ZEEBrA Approach (which is fully explained in Part II – chapters 7-15) is a handy acronym that stands for:

T – Take care of yourself;
H – Hormones;
E – Exclude;
Z – Zinc and other minerals;
E – Essential fatty acids and cholesterol;
E – Exercise and energy;
B – B vitamins and other vitamins;
r – referenced-EEG;
A – Amino acids and proteins.

These are the factors that will lead you on the path to a depression-free life as soon as possible. That said, it's also important to note that the eighth-leading cause of death in the United States is suicide. More than two-thirds of suicides, according to Dr. Greenblatt, are caused by depression. That translates to more than 21,000 people. That's reason enough to do something.

You can win the fight against depression. Start with *The Breakthrough Depression Solution: A Personalized 9-Step Method for Beating the Physical Causes of Your Depression.* ★

Editor's Note: The Breakthrough Depression Solution may be ordered by calling Sunrise River Press at 800-895-4585 or by visiting the website http://www.sunriseriverpress.com.

DVD REVIEW

Reviewed by Laura Anne Rega-Crossan

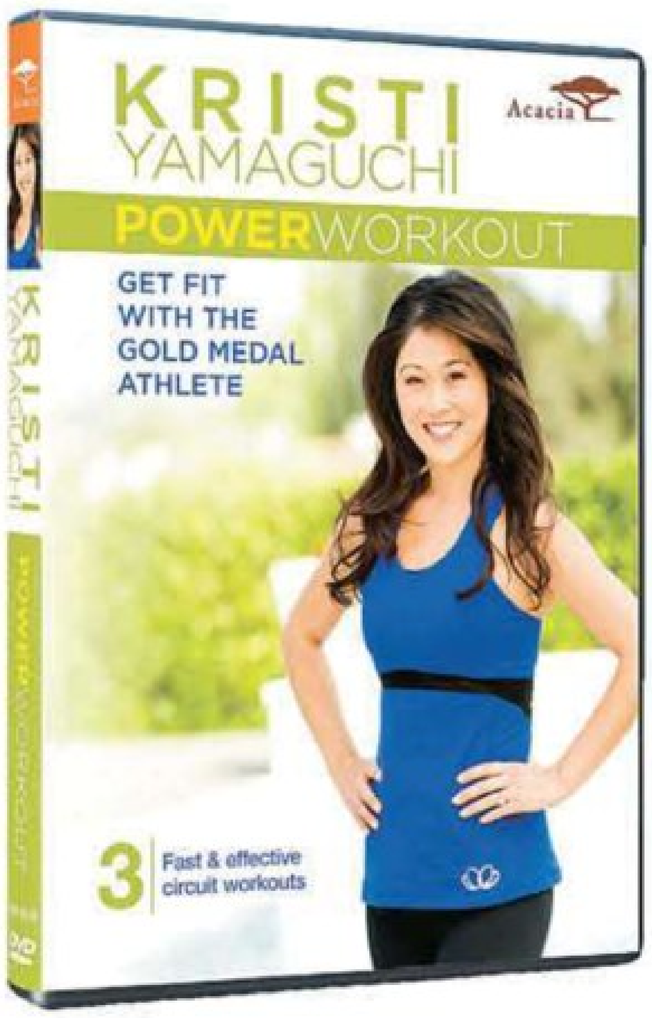
KRISTI YAMAGUCHI POWER WORKOUT

Acacia; 2011; 53 minutes; $16.99

Looking to up the intensity of your workout? Why not learn from a fitness star? Olympic gold medalist Kristi Yamaguchi has recently released her very first workout DVD "Power Workout" from Acacia.

A busy athlete, wife, mother, artist, philanthropist and ABC's "Dancing with the Stars" champion, Kristi stays healthy, strong and energized with this unique, heart-pounding and transformational circuit workout.

Split into three 10-minute circuits, plus an abs and chest segment, this program will tone your entire body and burn major calories, while suiting even the most hectic of schedules.



The two-time world champion remains one of the top 10 most beloved athletes and the highest among female athletes, according to a 2010 study. She ranks number six behind superstars Michael Jordan, Steve Nash and Peyton Manning.

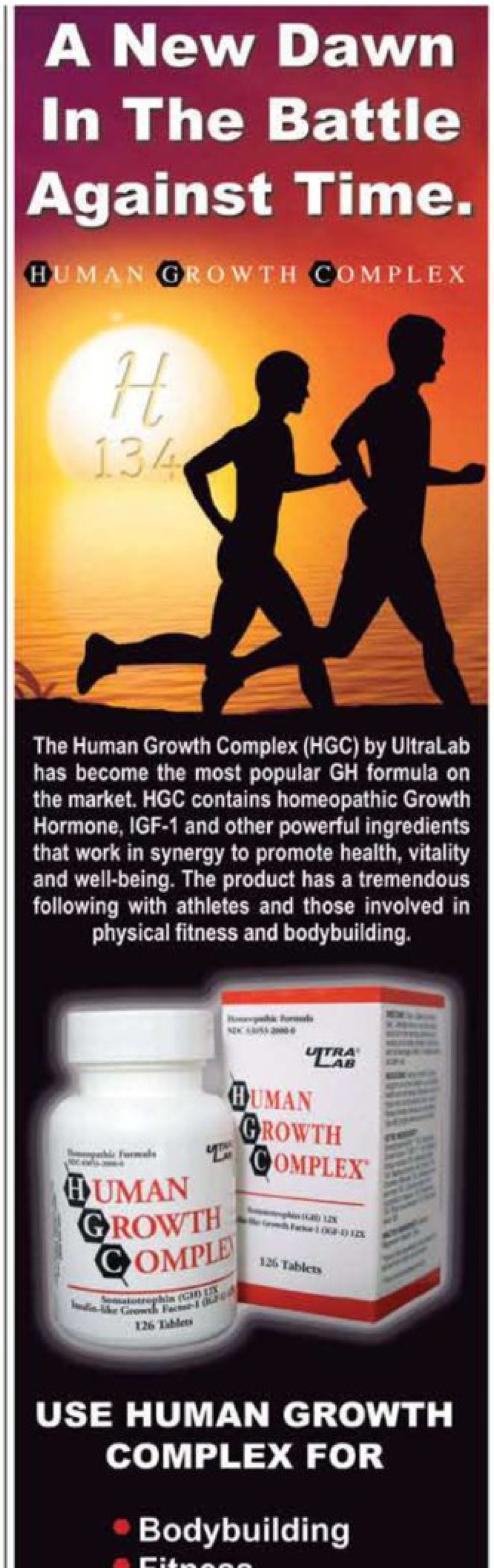
Kristi and celebrity trainer Erin O'Brien have developed this incredibly efficient workout to blast fat and give you a lean, sculpted figure. It combines heart-pumping cardio blasts with strength-training moves that target all of the main muscle groups. All you need to complete the workout is a set of light hand weights and a mat.

The mother of two (Keara and Emma) has always been an inspiration to her fans. And with this new DVD we are able to see firsthand how she stays in championship shape. "Power Workout" will get you feeling fit and looking great in no time.

Kristi Yamaguchi has been in the national spotlight ever since her Olympic Gold Medal win in Women's Figure Skating in 1992. After her victory, she founded the Always Dream Foundation to help support the lives of children through educational and recreational incentives. On December 8, 2005 she was inducted into the USOC Olympic Hall of Fame. In 2008, she won "Dancing with the Stars" and in 2010 Kristi was also an on-air correspondent during the Vancouver Winter Olympics. Kristi has recently released her children's book, *Dream Big, Little Pig!* through Sourcebooks. Kristi and her husband, Bret Hedican, a Stanley Cup winning retired professional hockey player, and their two daughters reside in the San Francisco Bay Area.

Erin, who leads you through the workout, has been working as a personal trainer and group exercise specialist for 20 years. She holds certifications in a variety of fitness disciplines. Her other Acacia DVDs include: "Strong Body, Fit Body" (Dec. 2010), "Strong Body, Ageless Body," "Prenatal Fitness Fix," and "Postnatal Rescue." She lives in California with her husband, actor James Denton of the ABC series "Desperate Housewives." ★

Editor's Note: To learn more about Kristi Yamaguchi's "Power Workout," visit http://www.AcaciaLifestyle.com. To catch up on Kristi Yamaguchi's latest endeavors, visit her online at http://www.kristiyamaguchi.com.



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TEEN SPOTLIGHT

(continued from page 50)

discouraged weight training because they said that it would make him "muscle bound." So in his sophomore year, Nate decided to drop other sports and dedicate himself to bodybuilding.

"When I started off, my goal was to get as big as I can." So he lifted more like a power lifter. He described doing heavy weights and low reps (2-3) on the bench press. Then, he began to train to lose weight for swimsuit season. "It was only the last year or so when I actually began training for bodybuilding," Nate says. "I looked into the magazines and I became a fan of the old school stuff like symmetry."

Never having had a trainer, Nate used the Internet and muscle magazines to learn about training and dieting. He was self taught and applied trial and error to build his physique to the level that was presented at the New York State. As for posing, which he admits that he was really bad at, he got help from his friend Nick Murtha, but says that he put together his own routine for the New York State.

Right now, Nate will concentrate on his conditioning. "I would like to definitively chisel [my body] down for a lean defined look," Nate says. The bottom line is he would rather be a smaller man with better conditioning in his weight class than be more muscular and less conditioned.

Legs are his favorite body part and squats are his favorite exercise, followed by arms. His least favorite exercise is dumbbell shrugs for the traps. In the beginning, legs were not his favorite body part to train. Genetically, Nate says they were not one of his best body parts, but through "hard training and dedication I probably made them one of my best."

In the offseason and during pre-contest, Nate trains with 100-percent intensity. He uses pyramid reps in the following pattern: 10-8-6-4. For contest preparation, he usually pyramids down from 15-12-10-8.

Nate does not go into the gym with a strictly planned routine, but he does know which body parts are to be trained each day and also the first couple of exercises that he will do for each body part. After that, he says, it's whatever he feels like doing. He is a big fan of muscle confusion. By not allowing his muscles to get used to the same movement, Nate says that his body reacts positively to his workouts. This helps him to avoid plateaus and experience gains.

Nate gets up at 6:30 a.m., eats every two hours and is bed by 11 p.m. He finds that competitive bodybuilding is a 24/7 sport and that it requires dedication. "Missing one meal," he finds, "is like missing two days of training." Proper nutrition gets optimum results.

In terms of his diet, all Nate knew how to prepare were Pop-Tarts before he started competing. But he has since learned how to prepare his own chicken, fish, eggs and vegetables. "I always eat healthy," he says, "just a little more in the offseason." His favorites are tuna, chicken breasts, tilapia, egg whites, oat meal, sweet potatoes and Ezekiel bread. After the New York State, he would have liked to have indulged in his favorite food, pizza, but all that he had left was a single can of tuna. He was low on cash, so the tuna became his victory meal.

Supplementation, both in the offseason and before his contest, includes creatine (which he cuts out one and a half weeks before a contest), BCAAs, glutamine, multivitamins, fish oil and protein.

So what's the future look like for Nate? After graduating this year, he plans to attend Susquehanna University to major in radio and television broadcasting, with a minor in nutrition. When it comes to future competitions, he hopes to "have a good time and do my best" and "someday, I would like to go up for a WNBF Pro card." He added that he hopes to one day look like WNBF pro Jim Cordova.

As for having won the Teen and Novice heavyweight divisions, Nate says with a smile, "It was amazing. It really showed that all [my] hard work paid off."

Nate plans to stick with the INBF, and return to competition this year. If all goes well, he plans to enter the November INBF World contest. ★

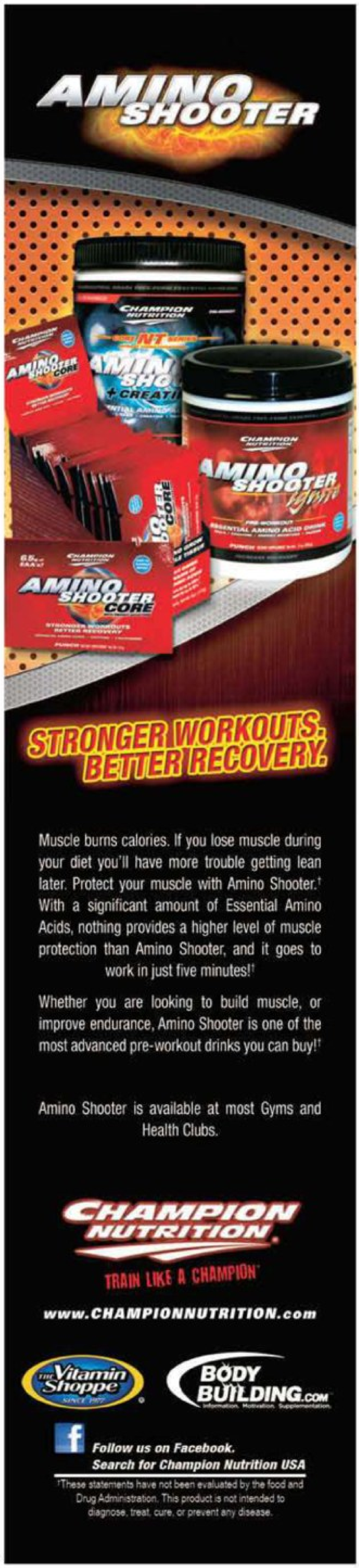
KEVEN LOFY

(continued from page 28)

someone and say that you put in all the hard work with God-given talent says a lot," he adds. "Some people are allowed to compete after so many years of being 'clean' (off the steroids or hormones), but I don't really respect them. There is no easy way out if you want something bad enough."

For aspiring bodybuilders out there, take note of Kevin's advice: "Your mind is the strongest muscle in your body! Be consistent in the gym . . . 515 lbs. for squat is still going to be 515 lbs. when you go to squat it next week, so get underneath it and bury it for reps."

This year, Kevin plans to compete at the Southwest Natural Pro/Am Championships, and possibly the Universe or Mid-America. In 2012, be on the lookout for Lofy-Diesel as he plans to leave his mark at the WNBF Worlds. ★



KORI'S CORNER

(continued from page 26)

last night." In less blatant terms, they are asking for help. In these situations, and those above where the individual is not necessarily ready to admit that a problem exists, anyone confronting a person with disordered eating must do so with empathy. There is a very real fear of rejection and embarrassment that comes with disordered eating, especially among those with binging behavior. As you may be the one person who has the courage to reach out, your job is an important one. Having someone you can recommend they speak to for help can not only increase your confidence, but give the person a next step and a feeling of hope.

Disordered eating left untreated often results in death, especially among women with anorexia nervosa. Those of us who are competing are not typically plagued with this disorder, but more often by binge eating. This requires strong attention not only to the physiology and structure of the diet, but also to the cognitive realm associated with food and with the scripts we live by.

Our behaviors are guided by our thoughts. Changing the patterns we've repeated throughout our lives requires practice. Seek out someone to assist you in your endeavors who understands what it takes to master your physique and emotional well being. ★

References available upon request.

Editor's Note: Kori Propst holds a B.S. in Exercise Physiology, an M.S. in Counseling and is pursuing her Ph.D. in Behavioral Medicine. She is a WNBF Pro in bodybuilding, Figure and Fit Body. As the Wellness Director for the Diet Doc, she created the Mental Edge Program to aid individuals in developing individualized strategies for optimal performance in their lives and for competing. She can be contacted via email at kori@thedietdoc.com.

THE POST-WORKOUT TEST

(continued from page 46)

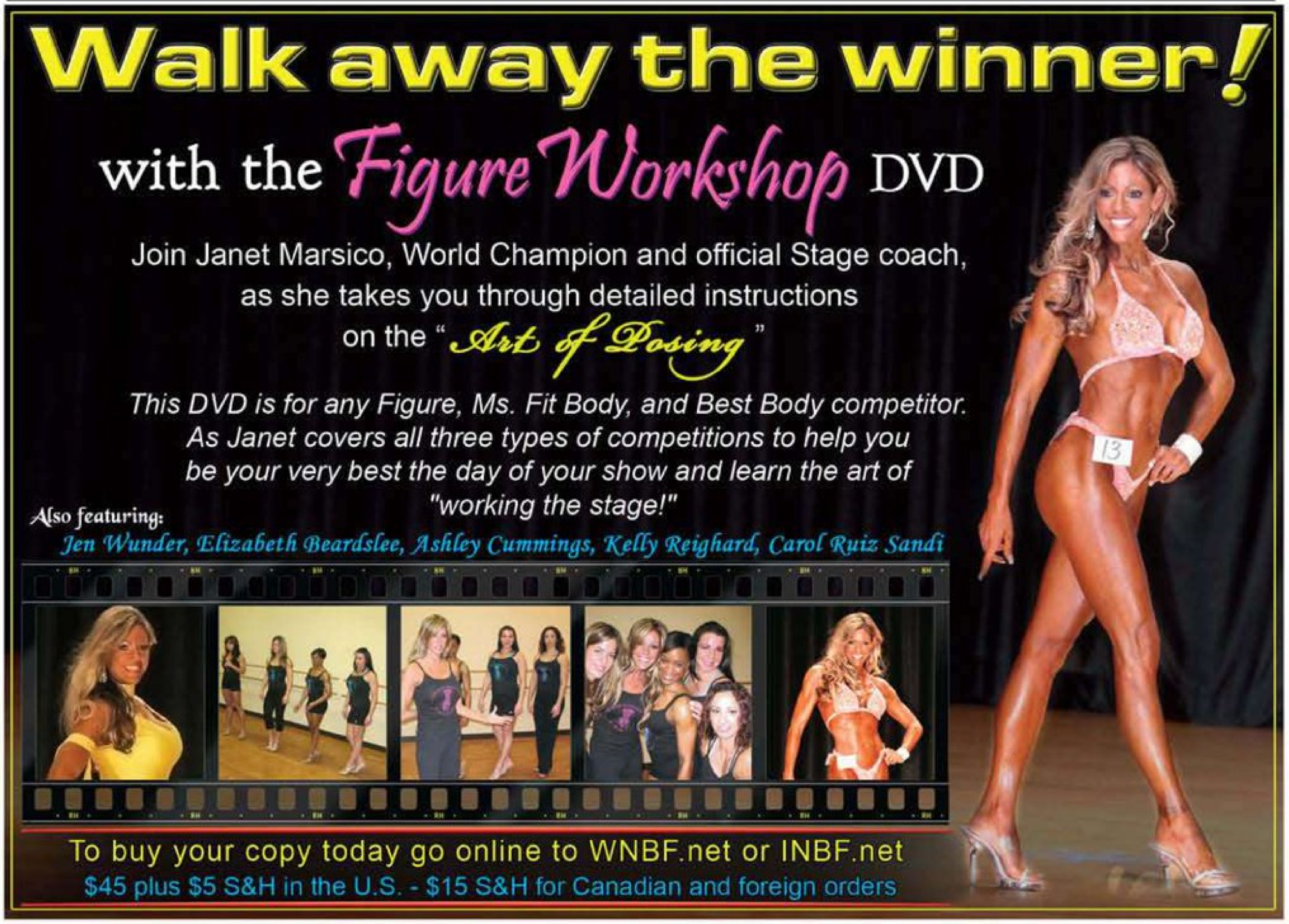
the keys are this: Prepare, visualize and execute. I have had times where I've entered the gym, usually from a long travel schedule and my focus was not at its peak. It can be frustrating, but don't let it consume you. Take a few minutes to drive your thoughts toward the goal of that next set. Think of how good you will feel once accomplishing that goal.

4. Did I reach my goals? Pick five things that you would like to accomplish for each workout. It may be a new record on a lift, a technique you want to improve on or how you want to approach your mind toward a specific area in your training. Be simple and well-rounded in your approach. Do some things that hit different areas in your goal setting. Here are some good examples:

- I must reach full depth in my bench press by touching my chest without bouncing;
- I must keep my thumb around the bar on all pressing movements;
- I must lift five pounds more on my decline bench press;
- I must practice controlled breathing between sets.

Now answer these questions after your workout and see how you did. Did you accomplish your objective? If you didn't, find ways to improve. Take five minutes after each workout to answer these questions. Try this for two weeks and evaluate the difference.

Do yourself a favor and start to set some training goals. Don't overanalyze this. Just find what you want, what gets you excited and then achieve it. The more you contemplate, the more you will procrastinate. Now



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get to the gym and set some standards! ★

Editor's Note: Mathew J. Park, N.A.I.T. P.F.T. Diploma, N.A.S.M.-C.P.T., C.E.S., P.E.S. & C.S.E.P.-C.P.T., C.E.C., is a WNBF Pro, Bodybuilding Peak Mindset Specialist, Corrective Bodybuilding Specialist, professional trainer, President of INBF Canada Inc., and Vice President of RE7 – the World's First Performance Recovery Drink. Mat's new eBook can be purchased through his website at http://www.MatParkMuscle.com.

MYLENE & JAMES

(continued from page 66)

live such positive lives and make a difference in the natural bodybuilding world. I was really impressed with Mat Park, especially. At only 25 years old, he has accomplished so much and I look up to him as a mentor now. In terms of physique, I have to say Brian Whitacre. He's the WNBF lightweight World Champion, an absolute specimen! He inspires me, motivates me and I'm placing a target on his back!

CT: Individually, what are your big plans for the future?

ML: Having obtained my business degree in April 2011, I plan to start my career within the business world. I also will continue to compete, stay healthy and aspire to become a fitness model.

JC: I plan to become a member of the Calgary Police Service and if things go to according to plan, I will achieve my pro card in October 2011 and will compete in the WNBF World Championships in November 2012. I am taking it day by day, staying lean and packing on as much lean body mass as possible with the help of Dr. Joe Klemczewski and Sean McCauley! ★

WENDELL WEBB

(continued from page 64)

have surgery." Considering he has been lifting weights for more than two decades and captured five top-three WNBF placings, you know his form and expertise are some of the best in the sport.

Wendell's *(continued on page 140)*

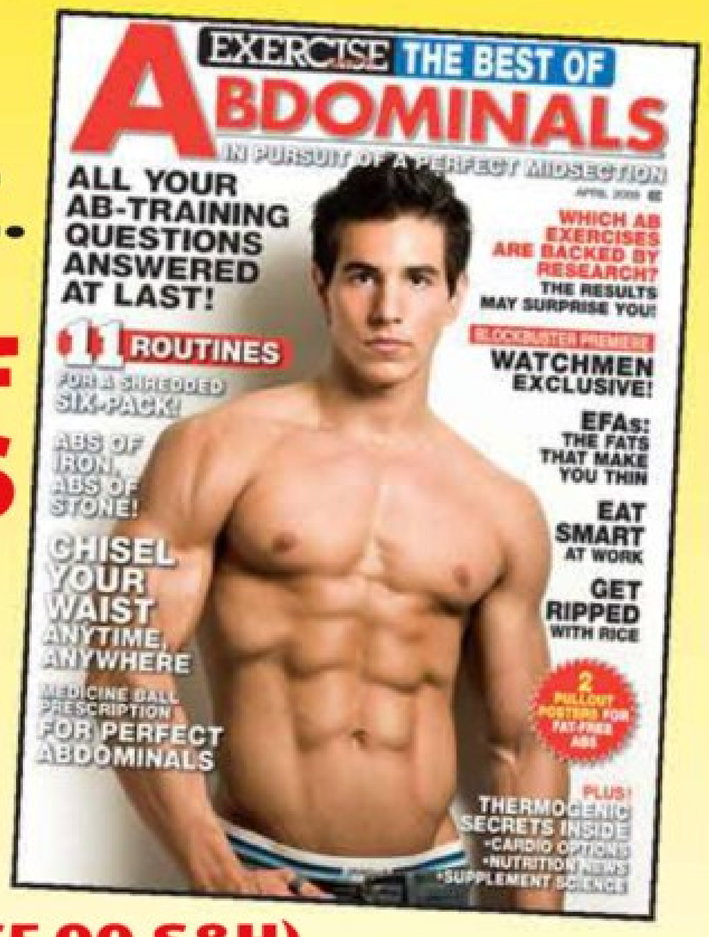
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WENDELL WEBB

(continued from page 139)

specialization isn't limited to the gym, however. He also knows how to get it done at meal time. In the offseason, he eats a wide range of healthy foods without counting calories or macronutrients. He focuses on lean proteins like chicken, ground turkey, fish, flank steak (twice a month), egg whites and Greek yogurt. For his carbohydrate needs, he eats brown rice, whole wheat bread, sweet potatoes, oat bran and quinoa. Wendell is also aware of the importance of a diet rich with vegetables (his favorites are broccoli, spinach, peppers, zucchini and asparagus). And if you think that such a healthy diet warrants a cheat day now and again for Wendell, think again. He rarely indulges in simple sugars and he hasn't eaten fried foods in more than 20 years.

Aside from success on the stage in the short term, Wendell also focuses on his long-term career. He is 46 years old and shows no sign of slowing down. He attributes his continued accomplishments to building his body the right way – without the use of drugs.

"Every bodybuilder would like to maximize their muscle mass. I feel the same way, but longevity of career and my health are of greater concern," Wendell says. "They motivate me to be a lifetime drug-free bodybuilder and even at 46, I am still able to improve my physique." ★

THE PENKIN BROTHERS

(continued from page 52)

they want results as soon as possible, when they're nowhere near what they can achieve with hard work and dedication," John says. His brother Michael echoes those sentiments. "I feel that being drug-free is the truest form of bodybuilding, whereas using steroids or growth hormones is more along the lines of augmenting," he says. "Drug-free bodybuilding is a challenge to see how far we can push our bodies with proper nutrition and hard work." ★

JOE RICH

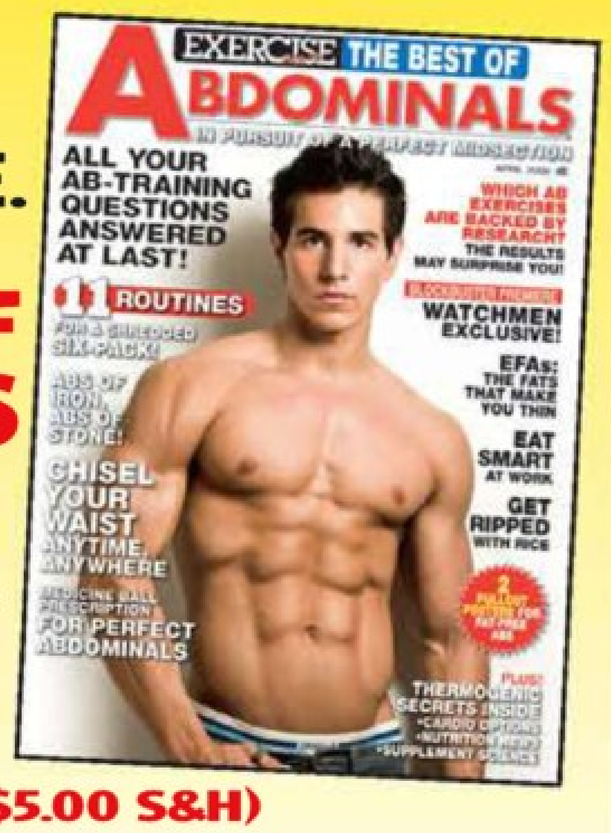
(continued from page 42)

I keep making improvements each time that I set foot on stage, it will all come in due time," he says. "To me, it is like a big snowball effect."

His philosophy is simple – and one that will undoubtedly help him secure a revered pro card. "If I can continue to chip away at the gym and make very minimal gains each year, I will achieve the body that I can envision," Joe says. "What the mind believes, the body can achieve." ★

Editor's Note: Check out how our young friend fares in upcoming shows. Visit http://www.inbf.net to learn more.

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